



# MORLEY VILLAGE & SPORTS HALL CLASSES AND CLUBS TIMETABLE

Monday	09:30 - 10:30	ATP Fitness	Keep Fit Over 50's fitness class info@healthandfitness.uk.com   07785 105381
	10:30 - 12:30	Climbing	Social climbing, age 15+   david.a.eckles@gmail.com
	16:00 - 18:00	WHAM Dance	Age 3.5+ Ballet Classes info@whamtheatreschools.com   0800 689 4205
	18:30 - 19:30	FitSteps	Dance fitness with ball-room inspired dancing tjfitsteps@btinternet.com   07772 481232
Tuesday	09:30 - 11:30	Cookies Kitchen	Cookery classes for tots cookieskitchen.co.uk   hello@cookieskitchen.co.uk
	09:30 - 10.15	Mums and Kids fitness	Exercise class for all abilities; childcare provided! meganbowepersonaltraining.co.uk   meganlucybowe@gmail.com
	11:00 - 12:00	Pura Pilates	Pilates class for all abilities rebeccahow1234@gmail.com   07510 833747
	13:15 - 14:15	ATP Fitness	Keep Fit Over 50's fitness class info@healthandfitness.uk.com   07785 105381
	15:15 - 16:00	Next Level Martial Arts	Martial arts group for all ages and abilities feverfitnessinfo@gmail.com   07956 018992
	18:15 - 19:15	Zumba	Fitness class combining Latin and international music with dance moves   zumba-penny@hotmail.co.uk   07796 603643
Weds	09.30 - 13:00	Little City Norfolk	3rd Wednesday of the month - interactive role play for under 5's   anna@littlecityuk.com   07500 936384
	10:00 - 11:00	Language class	Weekly language class Stephsutton@hotmail.co.uk   07716 937015
	18:00 - 21:00	Wymondham Judo Club	Judo classes for all abilities and ages www.wymondhamjudo.co.uk   wymondhamjudo@gmail.com
Thursday	10:00 - 11:00	ATP Fitness	Keep Fit Over 50's fitness class info@healthandfitness.uk.com   07785 105381
	19:30 - 21:45	Wymondham Table Tennis League	wymondhamtt@btinternet.com   01953 602180
Friday	09:30 - 10.15	Mums and Kids fitness	Exercise class for all abilities; childcare provided! meganbowepersonaltraining.co.uk   meganlucybowe@gmail.com
	15:45 - 16:30	WHAM Theatre	Age 3.5-5 WHAM Bamz Age 6-11+ WHAM Juniors info@whamtheatreschools.com   0800 689 4205
	16:45 - 17:45		
	19:30 - 21:30	Climbing	Social climbing, age 15+   david.a.eckles@gmail.com
Saturday	08:00 - 12:00	Morley Youth Football Club training	Club training   www.morleyyouthfc.com
	09:00 - 09:30		Age 2-3.5   Rugby Play programme
	09:45 - 10:15	RugbyTots	Age 2-3.5   Sadie@rugbytots.co.uk
	10:30 - 11:15		Age 3.5 - 5   07983 992384
Sunday	10:15 - 11:30	Max Impact	Age 14+ High intensity impact session; aerobic and anaerobic fitness session - palmergrahamh@aol.com   07941 115260



morleyvillageandsportshall@gmail.com