

## ASHURST WOOD VILLAGE CENTRE REGULAR BOOKINGS

**BOOKING SECRETARY: Ms S Masey 01342 825559**  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00-11.30am YOGA	10-11 am ZUMBA GOLD		9.15-10.15am PILATES	10.00-12.00am U3A SINGING	9.30-11.00am TAEKWONDO	
	2.00-4.00pm KURLING - Alternate Weeks			2.30-4.30pm SHORT MAT BOWLS		
7.15-8.15pm CLUBBERCISE  8.30-10.00 pm GUITAR LESSON	7.00-8.00pm TAEKWONDO	6.30-7.30 PARACISE  8.00pm-9.00pm INTERMEDIATE PILATES	7.30-9.30pm SCOTTISH COUNTRY DANCING			7.15-8.15pm YOGA