



WHAT'S ON AT WEST END PARISH CENTRE

MONDAY:

Gymtots – Babies: 9.20am / 2's: 10.15am / 3's: 11.05am – Contact: 023 8045 5007
Tush Push Line Dancing - 10.00am to 12.30pm – Contact Mike: 01489 786 387
Messy Play for Toddlers & Babies – 1pm to 3pm – Contact Claire: 07894 554 014
Jitterbugz Dance – 4pm to 5.30pm – Contact Vikki: 07922907727
Cumner Exercise Aerobics – 6pm to 7pm – Contact Julie: 01489 781 076
Zumba Fitness – 7.30pm to 8.30pm - Contact Lorna: 07891 870 215
Short Mat Bowls (seasonal) – 6.30pm-8.30pm – Contact: 023 8046 3915

TUESDAY:

Funky Fitness (Pre-school) – 9.30am to 10.15am – website:
Learningthroughsport.co.uk/preschool
Cumner Exercise Aerobics – 10am to 11am – Contact Julie: 01489 781 076
Toddler Dance – 10:30am to 11:15am – Contact Laura: 07814 389654
Bumps & Beyond – 11.15am to 12.45pm – Contact Ann: 07814 580 139
Tush Push Line Dancing – 1.00pm to 2.30pm – As above
Dynamo Gym – 4pm to 5.30pm – Contact: 02380 455 007
Abbey Dance – 4.30pm to 7pm – Contact Jane: 07794 303 241
British Taekwondo – 7pm to 8.30pm – Contact Joe: 07830 292 217

WEDNESDAY:

Baby Sensory - 10am to 2pm – Contact: Helen 07803 457 278
Ladies Badminton Club – 10.30am to 12noon – Contact: 023 8047 7966
Coffee and Kurling – 12.15pm to 2.30pm – Contact: Mary 02380 449652
Short Mat Bowls (seasonal) – 6.30pm to 8.30pm – Contact: 023 8046 3915

THURSDAY:

Over 50's Keep Fit – 9.45am to 10.45am – Contact Tanya: 07818 060 639
Tush Push Line dancing – 11.00am to 12.30pm – As above
Steady & Strong for unstable older adults – 11am to 12noon Contact: 023 8068 4813
Short Mat Bowls (seasonal) – 1.30pm to 3.30pm – As above
Zumba Fitness – 7.30pm to 8.30pm – Contact: Lorna 07891 870 215
West End Dog Training – 7pm to 10pm – Contact Barbara: 01489 328 413

FRIDAY:

Gymtots – Babies: 9.20am / 2's: 10.15am / 3's: 11.05am – Contact: 023 8045 5007
Moo Music – 11am to 11.45am – Contact Rachel: 07956 460 760
Veterans Badminton – 2pm to 3pm – Contact Roger: 023 8046 4752
Matt Fiddes Martial Arts – 4pm to 7.15pm – Contact Simon: 07877 647 415

SUNDAY: Life Church West End – 10.15am – Contact: 02380 676599. All welcome.