



Bloomfield House NDCSA Community Centre

Sports & Leisure Classes

COURSE TITLE	TIME	DAY
Over 50's Exercise	9:30 - 10:30	Monday
Cardiac Circuit Training	9:00 - 10:00	Monday
Cardiac Circuit Training	14:00 - 15:00	Monday
Pilates - Rehabilitation Back Care	18:00 - 18:45	Monday
Ballet	18:15 - 20:15	Monday
Adult Ballet with Alice Russell	20:15 - 21:15	Monday
Bounce Fit	09:30 - 10:30	Tuesday
Strictly Fit	10:00 - 11:00	Tuesday
Adult Ballet Group	11:00 - 12:00	Tuesday
Fitcamp		Tuesday
Ballet	15:45 - 18:30	Tuesday
Guitar Lessons (advanced)	17:00 - 18:00	Tuesday
Guitar Lessons	18:00 - 19:00	Tuesday
Adult Tap Dance	18:00 - 19:00	Tuesday
Badminton drop in	19:00 - 21:00	Tuesday
Table Tennis Club	19:00 - 21:30	Tuesday
Tai Ji Quan	19:00 - 21:00	Tuesday
Cycle Fit (in winter)	19:30 - 21:00	Tuesday
Yoga with Michelle	13:30 - 15:00	Wednesday
Yoga for MS	14:00 - 15:00	Wednesday
Clarinet, Flute and Saxophone Lessons	from 15:00	Wednesday
Pilates - Rehabilitation Back Care	10:30 - 11:30	Wednesday
Cheerleading	15:30 - 18:00	Wednesday
Marie's Marvels	18:00 - 19:00	Wednesday
Ballet	18:30 - 20:15	Wednesday
Table Tennis Club	19:00 - 21:30	Wednesday
Creation Station	13:00 - 14:00	Thursday
Marie's Marvels	19:00 - 20:00	Thursday
Netball - Under 11's	17:00 - 18:00	Thursday
Netball - Under 14's	18:00 - 19:00	Thursday
Netball Adults	19:00 - 20:00	Thursday
Pilates -	18:00 - 18:45	Thursday
Yoga with Bridget	19:00 - 20:30	Thursday
Table Tennis Club	19:00 - 21:30	Thursday
Austistic Friendly Youth and Parent Evening (fortnightly)	19:00 - 21:00	Friday
Ballet	15:45 - 19:00	Friday
HIIT Training and Stretch	9:30 - 10:30	Friday
Karate	19:00 - 20:30	Friday
Yoga	9:30 - 10:45	Friday
Classical Hatha Yoga with Amelia	12:00 - 13:15	Friday
Gymnastics - Accompanied stay & play, walking - 3yrs	13:00 - 13:45	Friday
Gymnastics - Independant 3 - 4yrs	15:30 - 16:15	Friday
Gymnastics - 5 - 7yrs	16:15 - 17:15	Friday
Gymnastics - 17:00 - 18:00	17:00 - 18:00	Friday
Ballet	15:45 - 19:00	Friday
Adults Juniors Both		