



Hellingly Community Hub – Exercise Classes



For Further information please contact us on 01323 449415 or hubbookings@hellingly-pc.org.uk.

Interested in starting a new class? Feel free to contact us.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<ul style="list-style-type: none">• 5:30pm – Fitness Class (Hollie)• 6:30pm – Pilates (Jen)• 7pm – Yoga with Kate• 7:30pm – Pilates (Jen)	<ul style="list-style-type: none">• 10:30am – Yoga with Kate• 6:30pm – Zumba (Chloella)• 7:30pm – Yoga with Dawn	
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY / SUNDAY</u>
<ul style="list-style-type: none">• 6:30pm – Pilates (Dorota)• 7pm – Pilates (Jen)	<ul style="list-style-type: none">• 9:30am – Pilates (Dorota)• 9:30am – Pilates (Jen)• 11am – Stretch & Flex (Jenny)• 11am – Zumba Gold (Chloella)• 12:30pm – Fighting Fit (Boxing)	<p>Saturday</p> <hr/> <p>Sunday</p> <ul style="list-style-type: none">• 10am – Yoga with Kate

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<ul style="list-style-type: none"> • 9:40am – Music Bunnies 	<ul style="list-style-type: none"> • 9am – HelliHubs – Parent & Toddler Group • 9:40am – Music Bunnies • 10:40am – Music Bunnies • 5pm – Brownies 	<ul style="list-style-type: none"> • 5:30pm – Youth Hub (Yr. 6 to 8) • 7pm – Youth Hub (Yr. 9 to 11)
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY / SUNDAY</u>
<ul style="list-style-type: none"> • 10am – East Sussex Library (Fortnightly) • 10:15am – Hartbeeps (2yrs +) • 11:15am - Hartbeeps (2yrs +) • 12:15pm – Hartbeeps (confident Sitting babies & Toddlers) • 1:15pm - Hartbeeps (Newborn) 	<ul style="list-style-type: none"> • 5:30pm - CMA Karate (Beginners) • 6:15pm – CMA Karate (Intermediate) • 7pm – CMA Karate (Youth & Adults) 	<p>Saturday</p> <hr/> <p>Sunday</p> <ul style="list-style-type: none"> • 9:45am – Rhinos Sports Club • 10:45am – Rhinos Sports Club



Hellingly Community Hub – Children’s Classes

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