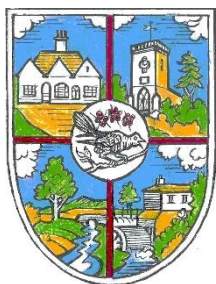


<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<ul style="list-style-type: none"> <li>• 10am – Kiera Zumba</li> <li>• 5:30pm – Hollie Fitness</li> <li>• 6pm – Hailsham Active</li> <li>• 6:30pm – Jen Pilates</li> <li>• 7pm – Kate Yoga</li> <li>• 7:30pm – Jen Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• 10:30am – Kate Yoga</li> <li>• 6:30pm – Kiera Zumba</li> </ul>	
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY / SUNDAY</u>
<ul style="list-style-type: none"> <li>• 5pm – Pole Fitness</li> <li>• 6:30pm – Dorota Pilates</li> <li>• 7pm – Jen Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• 9:30am – Dorota Pilates</li> <li>• 9:30am – Jen Pilates</li> <li>• 11am – Jenny Stretch &amp; Flex</li> <li>• 11am – Kiera Zumba Gold</li> </ul>	<p>Saturday</p> <hr/> <p>Sunday</p> <ul style="list-style-type: none"> <li>• 10am – Kate Yoga</li> </ul>



## Hellingly Community Hub – Exercise Classes

For Further information please contact us on 01323 449415 or [hubbookings@hellingly-pc.org.uk](mailto: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"> <li>• 9:40am – Music Bunnies</li> </ul>	<ul style="list-style-type: none"> <li>• 9:40am – Music Bunnies</li> <li>• 10:40am – Music Bunnies</li> <li>• 5pm – Brownies</li> </ul>	<ul style="list-style-type: none"> <li>• 5:30pm – Youth Hub (Yr. 6 to 8)</li> <li>• 7pm – Youth Hub (Yr. 9 to 11)</li> </ul>
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY / SUNDAY</u>
<ul style="list-style-type: none"> <li>• 10am – East Sussex Library (Fortnightly)</li> <li>• 10:15am – Hartbeeps (2yrs +)</li> <li>• 11:15am - Hartbeeps (2yrs +)</li> <li>• 12:15pm – Hartbeeps (confident Sitting babies &amp; Toddlers)</li> <li>• 1:15pm - Hartbeeps (Newborn)</li> </ul>	<ul style="list-style-type: none"> <li>• 5:30pm - CMA Karate (Beginners)</li> <li>• 6:15pm – CMA Karate (Intermediate)</li> <li>• 7pm – CMA Karate (Youth &amp; Adults)</li> </ul>	<p><b>Saturday</b></p> <hr/> <p><b>Sunday</b></p> <ul style="list-style-type: none"> <li>• 9:45am – Rhinos Sports Club</li> <li>• 10:45am – Rhinos Sports Club</li> </ul>



## Hellingly Community Hub – Children’s Classes

For Further information please contact us on 01323 449415 or [hubbookings@hellingly-pc.org.uk](mailto:hubbookings@hellingly-pc.org.uk).

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

