

Activities for Everyone At South Cave WI Hall 2023

Please contact the group leaders to check there is room in the class.

Monday

Zumba 9.30 – 10.30 (Contact - Sharon Davies, 07837960629)

Yoga 10.30 – 11.30 (Contact - Sharon Davies, 07837960629)

***Chair Yoga** 11. 45 – 12.30 (Contact - Sharon Davies, 07837960629)

Zumba 18.30 – 19.30 (Contact - Sharon Davies, 07837960629)

*** Beginners Yoga** 19.30 – 20..30 (Contact - Sharon Davies, 07837960629)

Tuesday

Cave Players Drama Group 19.30– 21.30 (Contact- Neil Harker 01430 424497)

Wednesday

U3 A Art 2nd & 4th Wednesdays 10 -12 (Contact – Malcolm Tather 01430 421983)

Line Dancing 14.00 – 15.30 (Contact- Paul Smith, 07366981186)

Zumba 18.30 – 19.30 (Contact- Sharon Davies, 07837960629)

Candlelight Stretch 19.30 – 20.30 (Contact- Sharon Davies, 07837960629)

Thursday

Zumba 9.30 -10. 30 (Contact- Sharon Davies, 07837960629)

Pilates 10.30 – 11.30 (Contact - Sharon Davies, 07837960629)

Crafty Ladies 1st Thursday 2.00 – 4.00 (Contact - Pat Clegg 01430626346)

W. I. 2nd Thursday 2.30 – 5.00 (Contact - Pat Clegg 01430626346)

Friday

Line Dancing 14.00 – 15.30 (Contact- Paul Smith, 07475869287)

Cave Players Drama Group 19.30– 21.30 (Contact- Neil Harker, 01430 424497)

For details on hiring the hall please contact Margo Buckley
margo.130@btinternet.com or phone 01430 424411.