

Great Kingshill Village Hall

Regular Timetable of Activities

MONDAY

Activity	Frequency/Time	Contact	Phone
Yogalates (over 16s Yoga/Pilates Mix)	Weekly @ 9.15-10.15am	Alison Lacey	07813 540751
Fit for Life (over 60s)	Weekly @ 10.30am	Alison Lacey	07813 540751
Sit & Sew	Week 3 @ 1-4pm	Tricia Lockhart	01494 714764
Body Connections Pilates (Mat based)	Weekly @ 4.45-5.45pm	Rosie Lewin	07932 607116

TUESDAY

Activity	Frequency/Time	Contact	Phone
Ladies Badminton	Weekly @ 9.30-11.30am	Chris Gould	01494 714566
Kingshill Line Dancing	Weekly @ 12-3pm	Robin Springall	07977 517436
Medley School of Dance (Child/Teens)	Weekly after school 4-7pm	Alex Sanmogan	07841 124697

WEDNESDAY

Activity	Frequency/Time	Contact	Phone
Niki Gibbs Pilates	Weekly @ 9.30-10.30am	Nicola Gibbs	07949 164613
Great Kingshill Ladies	Week 2 @ 2-4.15pm	Sylvia Briggs	01494 714127
Lotus Flower Yoga	Weekly @ 7.30pm	Davina Hughes	07919 623068

THURSDAY

Activity	Frequency/Time	Contact	Phone
Keep Fit (over 50's)	Weekly @ 9.45-10.45am	Kath Essex	01494 714719
Pilates with Pamela	Weekly @ 11.30-12.30	Pamela Wilson	07759 831706
Dance with Attitude	Weekly @ 4-7pm	Rebecca Beauchamp	07795 173581
Kingshill Line Dancing	Weekly @ 7.30-10:30pm	Robin Springall	07977 517436

FRIDAY

Activity	Frequency/Time	Contact	Phone
Pilates	Weekly @ 9.30-10.30am	Alison Lacey	07813 540751
Great Kingshill Coffee Club	Weekly from 10:30am	John Capell	<i>All welcome - just drop in</i>
Chiltern Alpine Garden Society	Monthly @ 7.30	Sarah Peplow	s.peplow474@btinternet.com

Saturday

Activity	Frequency/Time	Contact	Phone
Sew Crafty (Social craft BYO Project)	Monthly 9-5pm	Julie-Anne Jordan	07711 007269
Chiltern Crafters (Social craft BYO Project)	Monthly 9-5pm	Alison Maclean	07966 149747
Chiltern Countryside Group	Week 1 & 4 @ 2-5pm	Linda Hughes	07792 199151

For further information or hall bookings please visit our hall website
www.gkvillagehall.org

