



WHAT'S ON AT COUNTSTHORPE VILLAGE HALL

November 2009

MONDAY

DANCE EXERCISE - for over 50's 10.30 am. – 11.30 am.

U3A DANCE GROUP 2pm. – 3.30 pm. (*Second and fourth Monday in the month*)

TAEKWAN DO – 6pm. – 7pm.

ROSEMARY CONLEY 7pm. – 8.30pm. (*except second Monday in the month*)

WOMEN'S INSTITUTE *Second Monday in the month* – 7.30 pm. – 9.30 pm.

TUESDAY

TAI CHI – 10.30am. – 12 noon

UNIVERSITY OF THE THIRD AGE – 2 pm. – 4 pm. *Second Tuesday in the month*

JUDO – 6.45pm. – 9.15pm.

ACCORDION GROUP – 7.30 pm. – 9.30 pm.

WEDNESDAY

NEW BODY PILATES – 9.30 am. – 10.30 am.

KURLING (U3A) 11am. – 12 noon

BABY CLINIC 2pm. – 4pm.

AEROBICS LOW IMPACT – 6pm. – 7pm.

LINE DANCING 7.30pm. – 9pm.

THURSDAY

THERAPY GROUP B.D.C. – 10.30 am. – 12.30 pm.

BABY MASSAGE – 1.30 pm. – 3.30 pm.

JUDO – 7 pm. – 9.30 pm.

COUNCIL MEETING – *Second Thursday in the month* – 7.30 pm.