


The Heron Room Schedule

Monday		
5.55-6.55pm		Zumba With Brender Latin inspired rhythms, Suitable for most people, Friendly and easy to follow. Beginners Welcome & Open to Everyone. Contact Brender : 07875313276.
7-7.55pm		Pilates Pilates is a mind-body conditioning exercise programme creating a stable core. Please ring for full details and booking Nicola Barker: 07786452967.
8.15-9.15pm		Hatha Yoga Beginners to advanced Class. Call Charmaine – 07709558824. Email – chazzasmith3@gmail.com.
Tuesday		
5.55-6.50pm		Vinyasa Flow Yoga Beginners/starters Class. Call Jan – 07976404484. Email - info@lotusyogakernow.co.uk.
7-7.55pm		Vinyasa Flow Yoga Intermediate Class. Call Jan – 07976404484. Email - info@lotusyogakernow.co.uk.
Wednesday		
5.55-6.55pm		Zumba With Brender Latin inspired rhythms, Suitable for most people, Friendly and easy to follow. Beginners Welcome & Open to Everyone. £5.00 per Session Contact Brender : 07875313276.
Thursday		
10-11.30am		Hatha Yoga Please book place through Cornwall Adult Education www.cornwall.gov.uk/adultlearning or call 0300 1231117.
6.30-7.30pm		Weight Watchers Meetings WeightWatchers Flex - the most flexible programme ever. Every Thursday.
Friday		
9.30-10.30am		Angel Fit Beginners Pilates Exercise that's kind on your body to improve strength, core control and flexibility. Call Sam 07973 300726 or Kerry 07530 277754. Email – angelfit2018@gmail.com.
Saturday		
9-10am		Weight Watchers Meetings WeightWatchers Flex - the most flexible programme ever. Every Saturday.

The Heron Room is also available for Meetings, Private events, Birthday parties, Table Tennis and more. For further details speak to Liz or Jon. Call 01637 877555 or email herontennis@aol.com.