

The Heron Room Schedule – from January 2024 –please, check Reception for changes

Monday		
10.30-12.30 pm		Dance Centred – term time www.dancecentred.co.uk Email info@dancecentred.co.uk Tel:07939167526
2.30-3.30pm	U3A	U3A Table Tennis
5-5.55pm		Tennis Injury Prevention Yoga -term time Price: £8/session for Members, £10/session for Non-Members Book online www.heron-tennis.co.uk or at Reception
6.05-7.05		Fitness Class- Broadway Boogie Caitlin.baptie@btinternet.com Tel:07495043259
7.15 – 8.15 pm		Somatic Yoga Beginners to advanced class- £10 drop in, or £54 for 6 weeks/ £90 twice a week for 6 weeks Call Mara 07966 000730. Email – mara@soulsomatics.co.uk
Tuesday		
Meetings at: 9 am, 10.30 am, 12 noon, 5.30 pm & 7 pm		Slimming World Meetings at: 9 am, 10.30 am, 12 noon, 5.30 pm and 7 pm Call Penny 07872 955779.
Wednesday		
9.00-12.00pm	Cornwall Mind	Cornwall Mind Sessions- Dates: 24 th January, 31 st January, 7 th February, 14 th February, 28 th February www.cornwallmind.org
10.00 -12.00pm	NHS	Cancer Support Group Dates: 17 th January; 21 st February; 20 th March; 15 th May
12.30-1.30pm	U3A	U3A Table Tennis
4.00 - 8.45 pm		MoveDanceAcademy – term time 4.00 - 4.30 pm - Baby Ballet (2-4 years) 4.30 - 5.00 pm - Primary Ballet (4-6 years) 5.00 - 5.45 pm - Primary Ballet (6-8 years) 5.45 - 6.15 pm - Mini Freestyle (4-6 years) 6.15 - 7.00 pm - Gade One Ballet (8 -11 years) 7.00 - 7.45 pm – Junior Freestyle (7-11 years) 7.45 – 8.45pm – Adult Jazz Fitness (18+) Email info@movedanceacademy.co.uk Tel: 07766738431
Thursday		
9.00-2.30pm	Seafood Survival	Seafood Survival Training Dates: 18 th January, 22 February 21 st March, 25 th April,

		16 th May 13 th June 18 th July info@seafoodcornwalltraining.co.uk
10-12 pm	U3A Yoga	U3A Yoga 10-11 Beginners- Email: clive.r1155@gmail.com 11-12.00 Improvers- Email: askeharrison@outlook.com
6 - 7 pm		Gentle Somatic Yoga – Beginners to advanced class-10 drop in/ £54 for 6 weeks// £90 twice a week for 6 weeks Call Mara 07966 000730. Email – mara@soulsomatics.co.uk
7.15 - 8.15 pm	Gentle HathaYoga	Nurture Nature Yoga Intermediate Class. Call Charmaine – 07709558824. Email - naturenatureflow@gmail.com
Friday		
9.15-10 am	Chair Yoga	Chair Yoga Exercise Call Charmaine – 07709558824. Email - naturenatureflow@gmail.com
10.30 am-12.00 pm	U3A Cornwall Dancing	U3A Cornwall Dancing Maggie Biddle 01637 876964 / 07972823877 or bids46@uwclub.net
Saturday		
9.30 am – 1.15 pm		MoveDanceAcademy - term time 9.30 – 10am – Baby Ballet (2-4 years) 10.00 – 10.30am – Preparatory Ballet (4-6 years) 10.30 - 11am – Primary Ballet (6-8years) 11.15 – 11.45am – Mini Freestyle (4-6 years) 11.45 – 12.45pm – Mini Musical Theatre (4-6 years) 12.45-1.15pm- Musical Theatre (7-12 years) Email info@movedanceacademy.co.uk Tel: 07766738431
1.30-3 pm	Oasis K/B Club	Oasis Kickboxing
Sunday		
9.15-9.45	Fun Little One's Yogi Club	Mum and Toddler Yoga Check dates bookings.francescalilyyoga.com Tel: 07903875584
9.30-11.15 Time might vary, please check	Little Kernow Wellness	Baby Massage – Check dates 12 th November Littlekernowwellness@hotmail.com

The Heron Room is also available for Meetings, Private events, Birthday parties, Table Tennis and more. Call 01637 877555 or email herontennis@aol.com FAO of G or Jon