

## Micro Hall, Group & Fitness Programme

Monday					
Time	Class	Level	Instructor	Members Cost	Non-member Cost
13:45–15:45	Social Members Only Table Tennis Group*	All	Alan Lord	£3.00	N/A
19:00–20:00	Yoga	All	Chloe Edwards	Contact Chloe Directly	
19:30-20:30	Fuse Bootcamp (outdoors)	All	Ashley Reece	£5.00	£5.00
20:00–21:00	Yoga	All	Chloe Edwards	Contact Chloe Directly	
Tuesday					
10:00-11:30	Yoga	All	Amy Taylor	Contact Amy Directly	
10:30–11:30	Tennis & Coffee Morning	All	Rick Whalley	£5.00	£7.00
12:15-13:45	Table Tennis U3A check dates (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> week)	All	U3A	Contact U3A Directly	
19.00-20.00	Karate**	All	Alf & Chloe	£5.00	£5.00
Wednesday					
10.00-12.00	Painting Group	All	Pam Stone	Contact Pam Directly	
14:00-15:00	Zumba Gold	All	Tracey Howard	Contact Tracey Directly	
19:00-20:00	Zumba	All	Tracey Howard	Contact Tracey Directly	
20:15-21:00	Clubercise	All	Natalie	Contact Natalie Directly	
Thursday					
10:00-10:45	Shooting Stars	U5s	Shooting Stars	Contact Shooting Stars	
14.00-16.00	Table Tennis U3A check dates (1 <sup>st</sup> , 2 <sup>nd</sup> & 4 <sup>th</sup> week)	All	Contact U3A	Contact U3A Directly	
18.00-19.00	Karate	All	Alf & Chloe	£5.00*	£5.00*
19:15-20:15	HIIT Steps (Coming Soon)	All	Katie	Contact Katie Directly	
Friday					

\*Social Members Only Table Tennis Group - £20.00 to join as a social member

\*\*Karate (Age 4+): First session free.

**Contact Details: Please note changes and cancellations are the responsibility of the instructors**

Name	Company	Tel	Email
Alf & Chloe	Alf's Blackbelt Academy Karate	07791600009 (Alf) 07545864216 (Chloe)	alfsblackbeltacademy@gmail.com
Amy Taylor	Yoga	07870262918	
Ashley Reece	Fuse Boot Camp	07725405932	Ashley@fusefit.co.uk
Rick Whalley	HBSC Tennis Coah	07887763303	
Bury U3A	Bury U3A	07709896755	contact@buryu3a.org.uk
Chloe Edwards	Yoga	07881375238	Chloegore01@hotmail.co.uk
Mel	Shooting Stars	01204257040	mel@shootingstarsfootball.co.uk
Tracey Howard	Zumba	07966449265	
Pam Stone	Painting Group	07767605055	
Natalie	Clubercise	07743857053	
Katie	HIIT Step		