

Wallops Parish Hall

Weekly Events and Contacts – January 2024 Onwards

Mondays 5.30pm – 6.30pm	Footloose Dance Class for Children A class for children aged 5 – 11 years old that includes contemporary, jazz, street and musical theatre styles and more. Great fun and leads to a huge annual show at the Lights Theatre	Emmeline Frost 07983 591554 emmelinegabriefrost@gmail.com
Tuesdays 10.30 – 11.30am	Pilates Class Pilates teaches control and focus for your mind and body. You synchronise breathing and movement resulting in toned muscles, increased core strength, a slimmer waistline, improved flexibility and relaxation.	Emma Roberts 07793 229212 emma@alentopilates.co.uk
Tuesdays 7.15 – 9.15pm	Dance Mode Adult dance class for all abilities. This class is all about having fun whilst learning various routines, making new friends and socialising.	Donna Meager 07748 907746 dlmeager73@gmail.com
Wednesdays 9.30am – 10.30am	Joga Yoga Class Inspired yoga classes offered to all of every ability to improve strength, muscle tone, flexibility and fitness as well as bringing about a sense of wellbeing and happiness. Breathe, smile, flow and have fun on and off the yoga mat.	Jo Caley 07775 568596 jo@joga.me
Fridays 9.30am – 10.30am	Joga Yoga Class Inspired yoga classes offered to all of every ability to improve strength, muscle tone, flexibility and fitness as well as bringing about a sense of wellbeing and happiness. Breathe, smile, flow and have fun on and off the yoga mat.	Jo Caley 07775 568596 jo@joga.me

Beginners welcome at all classes

Some classes only run in term time

Phone the contacts listed to find out further details and to book a place

To find out more / hire the hall visit the website: www.wallopsparishhall.co.uk
Tel: Bev Hunt 07814 669628 Email: reservationswph@outlook.com

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Fortnightly/Monthly Events and Contacts – January 2024 Onwards

Mondays 9.30am – 12.30pm	Drawing/Art Class Fortnightly	Lindsay Murray-Twinn 01264 / 07733 328501 lindsayj@murray-twinn.net
Thursdays 7.30pm – 8.30pm	Over Wallop Parish Council Meeting Monthly – 1st week of the month	Parish Clerk Richard Waterman 01264 772460
Thursdays 7.30pm – 9.30pm	Wallop Artists Demonstration Monthly – 1st week of the month	Linda Birchmore 07795 183455
Thursdays 7.30 – 9.30pm	Wallops Women's Institute (WI) Meeting Monthly – 2nd week of the month	Julie Blakeman 01264 782
Thursdays 7.00pm – 8.30pm	Chanting Group Monthly – 3rd week of the month	John Cass 01980 862019 john@johncass.co.uk

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