

2025 ACTIVITIES AT THE PARISH ROOMS

bookingsparishrooms@gmail.com

<u>Weekday</u>	<u>Time</u>	<u>Activity</u>	<u>Contact</u>
<u>MONDAY</u>	9.30am & 11.15am	<u>Yoga with Bruni</u>	www.thevitalitystudio.co.uk 07989 674 144
<u>MONDAY</u> fortnightly	7.1 - 9.15pm	<u>Yoga/Tango with Kathryn</u>	
<u>TUESDAY</u>	9.30am	<u>Westwood Tuesday Art Group</u>	Jane 07817 505445 westwoodtuesdayartgroup@outlook.com Ann 01225 832860
	6 – 8pm	<u>Yoga with Christian Daily Practice</u>	https://www.dailypactice.me 07752 165405
<u>WEDNESDAY</u>	9.10am - 12.30pm	<u>VITA Pilates with Samm</u>	Samm@vitapilates.co.uk 07968 345 081
	6.15 - 8.15pm	<u>BBH Pilates with Hannah</u>	hannahgrobinson100@gmail.com
<u>THURSDAY</u>	9.30am - 12.30pm	<u>Watercolour Painting Classes</u>	rachelmoya@googlemail.com 01225 862 348
<u>FRIDAY</u>	9.30am – 12.30pm	<u>Watercolour Painting Classes</u>	rachelmoya@googlemail.com 01225 862 348
	1.45 – 2.45pm	<u>Tai Chi with Judith</u>	

SATURDAY

available for private hire

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SUNDAYS ONLY

*during Westwood Manor opening hours (2pm – 5pm)
serving delicious Teas and Cakes*