

Marshalswick Community Centre

Activities and regular hirers

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MONDAY	10.00am - 11.00am	SWEATY MAMA Diana Aranyi	Tel: 07832 547 887
	11.30am - 12.30pm	STRETCH & STABILISE Daniel Kraft	Tel: 07536 181 250
	2.00pm - 4.00pm	HERTSWISE DEMENTIA GROUP Jennifer Smith	Tel: 07498 042 088
	5.00pm - 7.00pm	ALL ABOUT BALLROOM Alisa Novikova	Tel: 07865 271 040
	7.30pm - 9.30pm	CARPET BOWLS Les Fielding	Tel: 01727 831586
TUESDAY	9.00am - 10.00am	AVAILABLE FOR HIRE	
	10.45am - 12.45pm	STROKE CLUB Pam King	Tel: 01923 661555
	1.30pm - 2.30pm	MS SOCIETY YOGA Mary Coyne	Tel: 07508 601 066
	3.00pm - 4.00pm	AVAILABLE FOR HIRE	
	4.30pm - 5.30pm	MIND & BODY SPACE YOGA Mirka Zablocka	Tel: 07715 832 827
	6.00pm - 8.00pm	ALL ABOUT BALLROOM Alisa Novikova	Tel: 07865 271 040
	8.30pm - 9.30pm	MAT PILATES Yasemin Ozay	Tel: 07796 028 051
WEDNESDAY	10.00am - 11.00am	WILD LITTLE BUILDERS Catherine Petre	Tel: 07967 118 93
	12.00pm - 1.00pm	AVAILABLE FOR HIRE	
	1.30pm - 4.30pm (April-Sept) (2nd week in month)	ST ALBANS FLOWER CLUB Lesley Marsh	Tel: 07932 035 033
	7.30pm - 9.30pm (1st, 3rd, 4th week in month)	ST. ALBANS ART SOCIETY Iris Green	Tel: 07809 098 629
	6.30pm - 9.30pm (2nd week in month)	CITY W.I. Sandra Pidoux	Tel: 07814 681 137
THURSDAY	9.30am - 10.30am 11.00am - 1.30pm	PILATES Karen Jones	Tel: 07957 355 332
	Afternoon	AVAILABLE FOR HIRE	
	6.00pm - 7.00pm	RAINBOWS Emma Watson	24thstalbarsrainbows@gmail.com
	8.00pm - 9.30pm	FEELGOOD FACTOR ACTING CLASS Catherine Lomax	Tel: 07811 343 189