

## Timetable of weekly commercial bookings as at February 2019

When	What	Who	Contact
Monday am	Pilates	Wendy Joelson	07979514580 <a href="mailto:wjoelson@hotmail.co.uk">wjoelson@hotmail.co.uk</a>
Monday pm	Ballet	Carmichael Dance	01952 619155
Monday all day	The Windfall Project- adults with learning disabilities	Rachel Woods	01743 362399
Tuesday am	Pilates	Wendy Joelson	07979514580 <a href="mailto:wjoelson@hotmail.co.uk">wjoelson@hotmail.co.uk</a>
Tuesday am	Exercise to Music	Jan Phillips	01743245333
Tuesday pm	Lifestyle Fitness for Arthritis	Kim Bebbington	01743 355779 <a href="mailto:kimbebbington.lifestyle@gmail.com">kimbebbington.lifestyle@gmail.com</a>
Tuesday eves	Fitsteps	Lianne Hayley	07585 553800
Tuesday eves	Jigsaw Choir	Colin Keates	01743 244195 <a href="mailto:colinkeates@btinternet.com">colinkeates@btinternet.com</a>
Wednesday am	Rock Choir	Rowan Richards	01252 714276 <a href="http://www.rockchoir.com">www.rockchoir.com</a>
Wednesday pm	German language class	Chris Romberg	01743 235991/07828 528325 <a href="mailto:chrisromberg@hotmail.com">chrisromberg@hotmail.com</a>
Thursday am	Shropshire Dance & Fitness (Pilates)	Jane Eaton-Price	07790 219322
Thursday am	German language class	Chris Romberg	01743 235991/07828 528325 <a href="mailto:chrisromberg@hotmail.com">chrisromberg@hotmail.com</a>
Thursday pm FORTNIGHTLY	Songs for You – Singing for dementia sufferers and their carers	Jessica Kent Arts For Health	01743 210048/07814 752783 <a href="mailto:Jessica.kent@sssft.nhs.uk">Jessica.kent@sssft.nhs.uk</a>
Thursday all day	The Windfall Project- adults with learning disabilities	Rachel Woods	01743 362399
Thursday eves	Fitsteps	Lianne Hayley	07585 553800
Friday am	Lifestyle Fitness for Arthritis	Kim Bebbington	01743 355779 <a href="mailto:kimbebbington.lifestyle@gmail.com">kimbebbington.lifestyle@gmail.com</a>
Friday am	Italian Language Class	Sabrina Mattiassi	01743 248987 <a href="mailto:italianinshrewsbury@yahoo.co.uk">italianinshrewsbury@yahoo.co.uk</a>
Friday pm	Arty Party - adults with learning disabilities	Julia Dean-Richards	07825070368