

LISVANE OLD SCHOOL COMMUNITY CENTRE - WEEKLY SCHEDULE

ORGANISATION/ACTIVITY	WHEN	CONTACT
Babyballet Cardiff	Monday 9.10am to 11.10am Thursday 4.00pm to 5.40pm Friday 9.30am to 11.35am; 1pm to 2.30pm Sat 9am to 11.15am and Sunday 9.30am to 11.15am	Email: cardiff@babyballet.co.uk Website: www.babyballet.co.uk/cardiff
Age Cymru Tai Chi	Thursday 11.15am to 12.45pm	Mary Bye Tel: 02920 756618 Email: mary.bye.47@gmail.com
Lisvane Bridge Club	Monday 6.30pm to 10pm Tuesday 1pm to 4.30pm	John Basford Email: johnbasford1940@gmail.com
Choirs for Good	Tuesday 6.15pm to 8.15pm	Alicia Stark Tel: 07897 000724 Email: Alicia@choirsforgood.com
Little Fizz	Wednesday 9.15am to 11.30am	Emily Quinn Email: emilyquinn@hotmail.co.uk
Yoga with Lauren	Wednesday 6.45pm – 8.15pm	Lauren Dyson Email: Indyson501@gmail.com
Library Storytime / Rhyme time Book Club Digital Camera Group	Tues 11.15am – 15.00pm; Weds 11am to 12.30pm Thurs 14.30pm to 17.00pm; Fri 10.00am-13.00pm Sat 10.00am to 15.00pm Tues 9.45am to 11.15am (term time) Monday 2pm every 2 months (more details from the library) Wed 10.00am to 11.00am	Email: lisvanecommunitylibrary@gmail.com Email: davidmort11@gmail.com
Pilates with Sian	Thursday 9.30am – 11.00am and 6.15pm – 7.45pm	Sian Greenman Email: siangreenman@yahoo.co.uk
Boccia for Parkinson's and anyone else	Monday 1.30pm – 3.30pm	Pat Cleary Tel: 07961 190761 Email: pmcleary@btinternet.com
Gentleman's Club	Friday 1pm – 2.30pm	Courtney Rowe Tel: 07837 201418 Email: coaching@roweandking.com
Yoga with Michelle	Mondays 6.15pm - 7.45pm	Michelle Tel: 07970 799974 Email: michellegriffithsyoga@gmail.com
Yoga with Mo	Monday 11am -12.30 and Thursdays 10.00am to 11.30am	Mo Edgar Tel: 07816 838396 Email: yogamo@barneyloon.co.uk
Pilates with Sue	Tuesdays 10am – 12md and 5.45pm – 7.15pm	Sue : info@suziyeenfitness.co.uk
Tai Chi	Mondays 11.15am to 12.45pm and 1.15pm to 2.30pm	Vic Spears Tel: 07472636348 Email: Vic.spears@yahoo.com
Lazy Yoga with Sarah	Thursdays 6pm – 7.30pm	Sarah Callus Tel: 07973759844 Email: sarah.sc380@gmail.com