

LISVANE OLD SCHOOL COMMUNITY CENTRE - WEEKLY SCHEDULE

ORGANISATION/ACTIVITY	WHEN	CONTACT
Babyballet Cardiff	Mon 9.40am to 11.10am Thurs 4.00pm to 5.30pm Fri 9.30am to 11.35am; 1pm to 2.30pm Sat 9am to 11.15am and Sunday 9.30am to 11.50am	Email: cardiff@babyballet.co.uk Website: www.babyballet.co.uk/cardiff
Age Cymru Tai Chi	Thursdays 11.15am to 12.45pm	Mary Bye Tel: 02920 756618 Email: mary.bye.47@gmail.com
Lisvane Bridge Club	Mondays 6.30pm to 10pm and Tuesdays 1pm to 4.30pm	John Basford Email: johnbasford1940@gmail.com
Choirs for Good	Tuesdays 6.15pm to 8.15pm	Alicia Stark Tel: 07897 000724 Email: Alicia@choirsforgood.com
Emily's Little Stars	Wednesdays 9.15am to 11.30am	Emily Quinn Email: emilyquinn@hotmail.co.uk
Cafe	Monday to Saturdays 9am to 3pm	Ashleigh Fleming Tel: 07852 713757 Email: info@cafe1913.co.uk
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
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
Sian Greenman Pilates	Thursdays 9.30am – 11.00am and 6.15pm – 7.45pm	Chloe Houston Tel: 07950 429223 chloehouston@sweatymama.com
Yoga with Michelle	Mondays 6.15pm - 7.45pm	Michelle Tel: 07970 799974 Email: michellegriffithsyoga@gmail.com
Yoga Mo	Monday 11am -12.30 and Thursdays 10.00am to 11.30am	Mo Edgar Tel: 07816 838396 Email: yogamo@barneyloon.co.uk
Sue Welch Pilates	Tuesdays 10am – 12md and 5.45pm – 7.15pm	Sue : suziJeanwelch@gmail.com
Tai Chi	Mondays 11.15am to 12.45pm and 1.15pm to 2.30pm	Vic Spears Tel: 07472636348 Email: Vic.spears@yahoo.com
Cath Rowe Pilates	Wednesday 11.45am – 1pm Friday 9.15am – 10.45am	Cath Ingram Tel: 07402250571 Email: pilateswithcath@yahoo.com
Lazy Yoga	Thursday 6pm – 7.30pm	Sarah Callus Tel: 07973759844 Sarah.sc380@gmail.com
Yoga with Lauren	Wednesday 6.45 to 8.15	Lauren Dyson Lndyson501@gmail.com