

MONDAYS

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
Bloom Baby Classes Two slots available	10am - 12:30pm	bloombabyclasses.com	Yes
F.I.T. Strength and Balance	10:30 - 11:30	Ryan 07804306842	No
U3A Art Group (Membership required)	14.00 - 16.00	groups@ poyntonu3a.org.uk	No
Pilates with Caroline	18:30 - 20:30 (various slots)	www.pilateswithcaroline.co.uk	Yes
Miniatures and Crafts Club (3rd Mon of month, first session free)	19.00 - 21.00	Virginia vimbaz@yahoo.co.uk	No

TUESDAYS

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
Citizens Advice Bureau	9.15 - 12.45 (Various slots)	01625 432 847	Yes
Simply Yoga by Carol	10:30 - 11:30	Carol 07793816676	Yes
Zumba Gold	11:30 - 12:15	Fiona 07894534653	No
U3A (third Tues of the month)	13:15 - 15:30	membership@ poyntonu3a.org.uk	No - membership signup available
Strength & Balance	13:30 - 15:30	Everybody Health & Leisure 03001235026	Yes - self referral needed
Multisports for ages 5-11	16:00 - 17:00	Louise Freeman 01625 872238	No

WEDNESDAYS

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
Golden Memories (Alternate weeks)	11.00 - 15.00	Judy 07768 160095	No
Simply Yoga by Carol	10:30 - 11:30	Carol 07793816676	Yes
Spanish lessons	13:15 - 15:30	Viviana 07931 985 810	Yes
Learn to Dance with Darren and Lilia	19.00 - 21.00	info@darrenandlilia dancestudio.com	Yes

THURSDAYS

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
Citizens Advice Bureau	9.15 - 12.45 (Various slots)	01625 432 847	Yes
8by8 Football	9.00 - 11:30 (various sessions)	www.8by8football.co.uk	Yes
Morning Townswomen's Guild (3rd Thurs of month)	10.00 - 12.00	01625 879087	No
U3A Geology (4th Thurs of month)	13:15 - 15:30	groups@ poyntonu3a.org.uk	No
Line Dancing	12:30 - 15:30 (various sessions)	pattstott@icloud.com	No
Spanish lessons	13.00 - 16.00	Viviana 07931 985 810	Yes
Duplicate Bridge	19.30 - 22.30	Peter 07770482009	No

FRIDAYS

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
Rugbytots	9.15 - 12.15 (various sessions)	alick@rugbytots.co.uk	Yes
Time Out Café	14.00 - 16.00	Sharon 01625 872238	No
F.I.T. Strength and Balance	16.30 - 17.30	Ryan 07804306842	No
Free dance sessions for ages 8-15	18.30 - 19.30	Louise Freeman 01625 872238	No

SATURDAY

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
8by8 Football	9:30 - 11:15 (various sessions)	www.8by8football. co.uk	Yes

SUNDAY

<i>Class/group</i>	<i>Time</i>	<i>Contact</i>	<i>Booking required?</i>
Little Kickers	9.00 - 11.30 (various sessions)	07854633956	Yes