

August 2024	REGULAR ACTIVITIES IN LLANFOIST VILLAGE HALL						
Type of Activity	Further Information	Day	Time	Room	Contact	Telephone	Email/Website
Ballet (children)	Tiny Toes ballet:Tip Toes (6 - 18 months)	Friday	12:40 - 13:20	Main Hall	Charlotte Cordingly	07368 991458	charlotte@tinytoesballet.co.uk
Ballet (children)	Tiny Toes ballet:Twinkle Toes (18 months - 2.5 years)	Friday	13:30 - 14:10	Main Hall	Charlotte Cordingly	07368 991458	charlotte@tinytoesballet.co.uk
Ballet (children)	Tiny Toes ballet:Talent Toes (2.5 years - 4 years)	Friday	14:20 - 15:00	Main Hall	Charlotte Cordingly	07368 991458	charlotte@tinytoesballet.co.uk
Ballet (children)	Tiny Toes ballet:Talent Toes (2.5 years - 4 years)	Friday	15:10 - 15:50	Main Hall	Charlotte Cordingly	07368 991458	charlotte@tinytoesballet.co.uk
Ballet (children)	Tiny Toes ballet:Twirlers (3.5 years - 5 years)	Friday	16:00 - 16:40	Main Hall	Charlotte Cordingly	07368 991458	charlotte@tinytoesballet.co.uk
Ballet (children)	Tiny Toes ballet: Spinners (5 years - 7 years)	Friday	16:50 - 17:30	Main Hall	Charlotte Cordingly	07368 991458	charlotte@tinytoesballet.co.uk
Creative	Chinese Painting	1st Thursday in month	10:00 - 12:00	Meeting Room	Winnie Heneghan	01873 850569	kwongkuenshan@aol.com
Dance	Jive by the Wye	Tuesday	19:30 - 21:30	Main Hall	Charlie Kyte	07717 707193	jivebythewye@hotmail.co.uk
Dance	Line Dancing	Wednesday	13:00 - 14:00	Main Hall	Sophie Stevens	07807 764154	pink soph5@hotmail.co.uk
Dance	FitSteps	Wednesday	11:45 - 12:45	Main Hall	Sophie Stevens	07807 764154	pink soph5@hotmail.co.uk
Drama	Llanfoist Players	Wednesday	19:15 - 21:15	Gallery	Barbara McIntee	01873 737752	thom21thom@yahoo.com
Faith	Society of Friends	Sunday	10:00 - 12:00	Gallery	Simon Burch		simonburch@fastmail.com
Faith	Women of the Word (WOW)	Friday	9:30 - 12:00	Main Hall	Sian Gibb		pengam3@yahoo.com
Film nights	Doors open 19.00	2nd Friday in month	19:30 - 22:00	Main Hall	Llanfoist Village Hall		www.llanfoistvillagehall.co.uk/special-projects/
Health & Well-being	Easy Aerobics	Monday	11:15 - 12:00	Main Hall	Lilian Balsden	01874 852384 or 07852 542858	lilianbalsdon@hotmail.com
Health & Well-being	Cardiac Rehab	Monday	15.15 - 16.15	Main Hall			Cardiac-Rehab-ABUHB
Health & Well-being	Cardiac Rehab	Saturday	10:15 - 11:15	Main Hall			Cardiac-Rehab-ABUHB
Health & Well-being	Cardiac Rehab	Saturday	9:00 - 10:00	Main Hall			Cardiac-Rehab-ABUHB
Health & Well-being	DRU Yoga	Friday	11:15 - 12:30	Gallery	Michael Cordell	07779 2861108	michael8karivaneden@gmail.com
Health & Well-being	DRU Yoga	Thursday	9:30 - 10:30	Gallery	Michael Cordell	07779 2861108	michael8karivaneden@gmail.com
Health & Well-being	Kettle Bells	Wednesday	11:15 - 12:00	Gallery	Lilian Balsden	01873 852384 or 07852 542858	lilianbalsdon@hotmail.com
Health & Well-being	Pilates	Monday	10:15 - 11:15	Main Hall	Lilian Balsden	01873 852384 or 07852 542858	lilianbalsdon@hotmail.com
Health & Well-being	Pilates	Thursday	10:30 - 11:30	Main Hall	Kate Falkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Thursday	9:15 - 10:15	Main Hall	Kate Falkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Tuesday	10:15 - 11:15	Main Hall	Kate Falkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Tuesday	11:30 - 12:30	Main Hall	Kate Falkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Tuesday	15:00 - 16:00	Main Hall	Kate Falkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Tuesday	9:00 - 10:00	Main Hall	Kate Falkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Tuesday	15:00 - 16:00	Main Hall	Kate Faulkner	01873 810047 or 07974 389906	katefalkner123@gmail.com
Health & Well-being	Pilates	Wednesday	10:15 - 11:15	Main Hall	Lilian Balsden	01873 810047 or 07974 389906	lilianbalsdon@hotmail.com
Health & Well-being	Pilates	Wednesday	18:00 - 19:00	Gallery	Lilian Balsden	01873 852384 or 07852 542858	lilianbalsdon@hotmail.com
Health & Well-being	Postnatal mother and baby exercise	Monday	11:00 - 12:00	Gallery	Alecs Mclennan	07792 006019	alecs@sweatymama.com
Health & Well-being	Postnatal mother and baby exercise	Monday	9:45 - 10:45	Gallery	Alecs Mclennan	07792 006019	alecs@sweatymama.com
Health & Well-being	Yoga	Tuesday	18:00 - 19:15	Gallery	Miranda Shaw	07958 708719	miranda_shaw@hotmail.com
Health & Well-being	Yoga	Wednesday	18:15 - 20:00	Main Hall	Miranda Shaw	07958 708719	miranda_shaw@hotmail.com
Health & Well-being	Yoga (Beginners)	Monday	17:30 - 18:30	Main Hall	Ciara Bomford	07531 727352	ciarabomford@gmail.com
Health & Well-being	Yoga (Intermediate)	Monday	19:00 - 20:45	Main Hall	Ciara Bomford	07531 727352	ciarabomford@gmail.com
Hobbies/Pastimes	Slot cars club	2nd Monday in month	19:00 - 22:00	Meeting Room	Alan Birchmore	07592 858661	alan.losttheplot5@gmail.com
Music	Ukulele group	Tuesday	16:00-17:30	Main Hall	Janice Garrad	07749 937003	janicegarrad@hotmail.com
Martial Arts (children)	Taekwando	Tuesday	16:45 - 18:30	Gallery	Craig Radford	07707 801150	starvanstkd@gmail.com
Martial Arts (children)	Taekwando	Friday	16:45 - 18:30	Gallery	Craig Radford	07707 801150	starvanstkd@gmail.com
Martial Arts (children)	Karate	Thursday	16.30 - 17.30	Gallery	James Masterman	07908 775423	zanshin@mail.com
Martial Arts/Health & Well-being	Tai Chi	2nd Thursday in month	13:30 - 15:30	Main Hall	Karen Jones	07773 030182	karenjones649@googlemail.com

Martial Arts/Health & Well-being	Tang Soo Do	Thursday	18:00 - 20:00	Main Hall	Paul Jones	07796 873378	govilontangsoodo@googlemail.com
Martial Arts/Health & Well-being	Tang Soo Do	Tuesday	19.00 - 20.00	Main Hall	Paul Jones	07796 873378	govilontangsoodo@googlemail.com