**Prices** 

£ 3.70 Individual Class

Price available on request

 Health & Wellbeing Timetable

 www.ymcasthelens.org.uk

 01744 455030

 North Road

 St Helens, WA10 2TJ

 

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| --- | --- | --- | --- | --- | --- |
|  Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10.30 – 11.30Tai Chi – MargaretDance Studio | 9.45 – 10.45Forever Young – LesleyLarge Gym | 10.00 – 11.30Yoga – AnnaWPH | 10.00 – 11.00Tai Chi – DeniseWPH | 13.30 – 15.30Line Dancing – Best of FriendsLarge Gym | 9.00 – 10.00Irish Dancing – Beginners – Kings Academy - WPH |
| 14.30 – 15.30Referral CircuitLinda | 11.15 – 12.15Referral Circuit – AlanLarge Gym | 14.30 – 15.30Heart SmartLindaLarge Gym | 11.00 – 12.00Referral CircuitAlanLarge Gym | 17.30 – 18.30Tap & ModernMrs HorabinDance Studio | 9.00 – 13.00Irish DancingKings AcademyLarge Gym |
| 17.00 – 19.30Tap & ModernMrs HorabinDance Studio | 13.15 – 15.45Sequence Dancing - Anne & DavidLarge Gym | 16.30 – 18.00Piano Lessons – Mrs HorabinDance Studio | 18.15-19.15Family Fun FitRobin (10-18yrs)Large Gym |  | 9.30 – 13.30Ballet/Dance – Mrs HorabinDance Studio |
| 18.30 – 21.30Irish Dancing – Kings AcademyLarge Gym | 16.30 – 18.00Piano Lessons – Mrs HorabinDance Studio | 17.45 – 19.15Cardiac – Healthy Living Large Gym | 19.30 – 21.00Yoga - AnnaWPH | 18.00 – 19.00BeaversLarge Gym | 10.30 – 11.30Jujitsu – BrianWPH |
|  | 17.30 – 19.30Healthy Living TeamLarge Gym | 17.45 – 18.45Zumba – DanielleWPH | 20.00 – 22.00St. HelensBadmintonLarge Gym | 19.30 – 20.30CubsLarge Gym | 12.00 – 13.30Yoga – AnnaWPH |
|  |  | 19.00 – 20.00Ballet Size-Dance Studio | 19.00 – 21.00Irish DancingDance Studio | 19.30 – 21.30ScoutsDance Studio |  |
|  | 19.30 – 20.30Dancing - NeilDance Studio | 19.00 – 20.30Yoga – AnnaWPH |  |  |  |
|  | 20.00 – 21.30Adult Irish DancingKings AcademyLarge Gym | 19.30 - 21.30AikidoLarge Gym |  |  |  |
| All classes are suitable from beginner level. Badminton Courts available for hire. \*Children’s classes 24/01/18 |