**Prices** 

£ 3.70 Individual Class

Price available on request

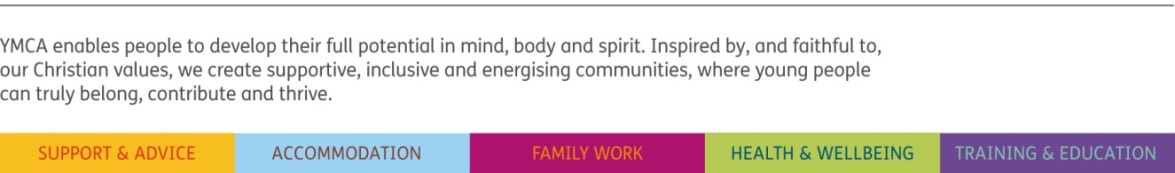
Health & Wellbeing Timetable

www.ymcasthelens.org.uk

01744 455030

North Road

St Helens, WA10 2TJ



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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10.30 – 11.30  Tai Chi – Phoenix Academy  Dance Studio | 9.45 – 10.45  Forever Young – Lesley  Large Gym | 10.00 – 11.30  Yoga – Anna  WPH | 10.00 – 11.00  Tai Chi – Denise  WPH | 13.30 – 15.30  Line Dancing – Best of Friends  Large Gym | 9.00 – 10.00  Irish Dancing – Beginners – Kings Academy - WPH |
| 14.30 – 15.30  Referral Circuit  Linda | 11.15 – 12.15  Referral Circuit – Alan  Large Gym | 14.30 – 15.30  Heart Smart  Linda  Large Gym | 11.00 – 12.00  Referral Circuit  Alan  Large Gym |  | 9.00 – 13.00  Irish Dancing  Kings Academy  Large Gym |
| 17.00 – 18.00  Piano Lessons  Phoenix Academy  Dance Studio |  | 17.00 – 18.00  Piano Lessons –  Phoenix Academy  Dance Studio | 18.15-19.15  Family Fun Fit  Robin (10-18yrs)  Large Gym | 17.30-18.30  Musical Theatre 8yrs-14yrs  Phoenix Academy  Dance Studio | 10.30 – 11.30  Jujitsu – Brian  Large Gym |
| 18.00 – 19.00  Musical Theatre 8yrs-14yrs  Phoenix Academy | 16.30 – 18.00  Piano Lessons – Phoenix Academy  Dance Studio | 17.45 – 19.15  Cardiac – Healthy Living Team  Large Gym | 19.30 – 21.00  Yoga - Anna  WPH | 18.00 – 19.00  Beavers  Large Gym | 9.30-10.30  Ballet/Tap/Dance 4-7 yrs – Phoenix Academy  Dance Studio |
| 18.00 – 19.00  Adult Tap  Phoenix Academy | 17.30 – 19.30  Healthy Living Team  Dance Studio | 18.00 – 19.00  Tai Chi – Phoenix Academy  Dance Studio | 20.00 – 22.00  St. Helens  Badminton  Large Gym | 19.30 – 20.30  Cubs  Large Gym | 10.30-11.00  Baby Ballet 2-3 yrs – Phoenix Academy  Dance Studio |
|  |  | 19.00 – 20.00  Adult Ballet – Phoenix Academy  Dance Studio | 19.00 – 21.00  Irish Dancing  Dance Studio | 19.30 – 21.30  Scouts  Dance Studio | 11.00 – 12.00  Ballet/Tap/Dance 8-10yrs -  Phoenix Academy |
| 18.30 – 21.30  Irish Dancing –  Kings Academy Large Gym | 19.30 – 20.30  Dancing - Neil  Dance Studio | 19.00 – 20.30  Yoga – Anna  WPH |  |  | 12.00 – 13.00  Ballet/Tap/Dance 11-14 yrs -  Phoenix Academy |
|  | 20.00 – 21.30  Adult Irish Dancing  Kings Academy  Large Gym | 19.30 - 21.30  Aikido  Large Gym |  |  | 12.00 – 13.30  Yoga – Anna  WPH |
| All classes are suitable from beginner level. Badminton Courts available for hire. \*Children’s classes  28/03/2019 | | | | | |