**Prices** 

£ 3.70 Individual Class

Price available on request

 Health & Wellbeing Timetable

 www.ymcasthelens.org.uk

 01744 455030

 North Road

 St Helens, WA10 2TJ

 

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10.30 – 11.30Tai Chi – Phoenix AcademyDance 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 |  | 9.00 – 13.00Irish DancingKings AcademyLarge Gym |
| 17.00 – 18.00Piano LessonsPhoenix AcademyDance Studio |  | 17.00 – 18.00Piano Lessons – Phoenix AcademyDance Studio | 18.15-19.15Family Fun FitRobin (10-18yrs)Large Gym | 17.30-18.30Musical Theatre 8yrs-14yrsPhoenix AcademyDance Studio | 10.30 – 11.30Jujitsu – BrianLarge Gym |
| 18.00 – 19.00Musical Theatre 8yrs-14yrsPhoenix Academy | 16.30 – 18.00Piano Lessons – Phoenix AcademyDance Studio | 17.45 – 19.15Cardiac – Healthy Living TeamLarge Gym | 19.30 – 21.00Yoga - AnnaWPH | 18.00 – 19.00BeaversLarge Gym | 9.30-10.30Ballet/Tap/Dance 4-7 yrs – Phoenix AcademyDance Studio |
| 18.00 – 19.00Adult TapPhoenix Academy | 17.30 – 19.30Healthy Living TeamDance Studio | 18.00 – 19.00Tai Chi – Phoenix AcademyDance Studio | 20.00 – 22.00St. HelensBadmintonLarge Gym | 19.30 – 20.30CubsLarge Gym | 10.30-11.00Baby Ballet 2-3 yrs – Phoenix AcademyDance Studio |
|  |  | 19.00 – 20.00Adult Ballet – Phoenix AcademyDance Studio | 19.00 – 21.00Irish DancingDance Studio | 19.30 – 21.30ScoutsDance Studio | 11.00 – 12.00Ballet/Tap/Dance 8-10yrs - Phoenix Academy |
| 18.30 – 21.30Irish Dancing – Kings AcademyLarge Gym | 19.30 – 20.30Dancing - NeilDance Studio | 19.00 – 20.30Yoga – AnnaWPH |  |  | 12.00 – 13.00Ballet/Tap/Dance 11-14 yrs - Phoenix Academy |
|  | 20.00 – 21.30Adult Irish DancingKings AcademyLarge Gym | 19.30 - 21.30AikidoLarge Gym |  |  | 12.00 – 13.30Yoga – AnnaWPH |
| All classes are suitable from beginner level. Badminton Courts available for hire. \*Children’s classes 28/03/2019 |