

# Additional Activities at Limpsfield LTC

	9.00am	9.30am	10am	10.30am	11am	11.30pm	12pm	1pm	3pm	4pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm
<b>MONDAY</b>																	
<b>TUESDAY</b>						<div style="border: 1px solid black; padding: 5px; text-align: center;">                     11am - 12.15pm    Level 2  <b>PILATES</b>                      Tania                      Sq Crt 2                 </div>											
			<div style="border: 1px solid black; padding: 5px; text-align: center;">                     10am - 11.30am    Level 2  <b>BALLET</b>                      Julie                      (Sq Crt 2)                 </div>														
<b>WEDNESDAY</b>			<div style="border: 1px solid black; padding: 5px; text-align: center;">                     10am - 11.15am    Level 2  <b>PILATES</b>                      Tania                      Sq Crt 2                 </div>														
<b>THURSDAY</b>								<div style="border: 1px solid black; padding: 5px; text-align: center;">                     1.30pm - 3.30pm  <b>SHORT MAT BOWLS</b>                      Derek                      (Sports Hall)                 </div>				<div style="border: 1px solid black; padding: 5px; text-align: center;">                     6.30pm - 7.30pm  <b>CIRCUIT TRAINING</b>                      (Sports Hall)                 </div>					
<b>FRIDAY</b>																	
<b>SAT</b>																	
<b>SUN</b>			<div style="border: 1px solid black; padding: 5px; text-align: center;">                     10 - 10.30am  <b>NINJA TKD</b>                      Mr Simmonds                 </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     10.30 - 11.15am  <b>JUNIOR TKD</b>                      Mr Simmonds (Sports Hall)                 </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     11.15 - 12.15pm    Level 3  <b>FAMILY TKD</b>                      Mr Simmonds (Sports Hall)                 </div>												

**Levels**

- 1 - Beginners
- 2 - All Abilities
- 3 - Intermediate / Advanced



**Tel. (01889) 714079**

Correct as going to print 18/04/17

Contact Details:- Pilates- Tue & Wed am - Tania Turner (01883) 330689  
 Ballet - Tue am - Julie Peniston-Bird (01883) 652207

Short Mat Bowls Thur pm - Derek Broom - 07947 145475  
 Circuit Training - Thur pm Tony Martin (07767 410212)  
 Taekwondo - Sunday am - David Hodson - 08701 662568