

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