

Class Contact List

(Blue = Wimborne Hall - Red = Lucas Hall)

Class/Day	Name	Landline	Mobile	Email
Monday				
Pilates & Qigong	Sara Perkins	01202 775956	07989 963607	saraperkins849@gmail.com
Table Tennis (U3A)	U3A Office	01202 678113		www.pooleu3a.org.uk
Bridge (The Acolites)	Joan Mawyer	01202 748667		www.bridgewebs.com/pooleacolites
Dancercise	Natasha Tobin		07990 517415	natobin@rocketmail.com
Physio Pilates	Kate Cadbury		07931 041880	katecadbury.pilates@gmail.com
Tuesday				
Pilates	Michelle Widdowson		07789 954301	michelle.mbpilates@hotmail.com
Zumba Gold	Karina Parker		07701 367663	karinazumba@gmail.com
Tai Chi	Mike Skander		07946 240135	scamp69@outlook.com
Singing For Fun	Tonie Baker			toniebaker22@gmail.com
Badminton for Baden Powell	Ron Kite	01202 745865		
Yoga	Elena Harris		07495 693703	yogawithelena@duck.com
Better Balance	Sally Saunders		07971 954732	005bva@gmail.com
Physio Pilates	Kate Cadbury		07931 041880	katecadbury.pilates@gmail.com
Yoga	Nikki Grindey		07739 170555	nikki@myessenceyoga.co.uk
Wednesday				
Pilates & Qigong	Sara Perkins	01202 775956	07989 963607	saraperkins849@gmail.com
Chair Yoga	Age UK	01202 530530		cst@ageukbped.org.uk
Dance Classes	Rachel Adey/Ford		07447 725249	hey.nova.dance.co@gmail.com
Pilates	Lucy Munson		07920 152706	movewithlu@gmail.com
Ukelele (U3A)	U3A Office	01202 678113		www.pooleu3a.org.uk
Bipolar Group	Michele Llewellyn		07712 776605	michele.llewellyn@outlook.com
Thursday				
Dorset Shellfish	Caroline Drever		07881 632311	info@dorsetshellfish.co.uk
Berry Hill Farm	Jim Hooper		07971795740	berrhillfarm@mail.com
Tai-Chi	Lee Taylor		07790 328125	leetaylor70@yahoo.com
Blue Tits Choir	Tim Dowland		07889 314288	tim.dowland@sky.com
Pilates	Michelle Widdowson		07789 954301	michelle.mbpilates@hotmail.com
Physio Pilates	Kate Cadbury		07931 041880	katecadbury.pilates@gmail.com
Chair Yoga	Age UK	01202 530530		cst@ageukbped.org.uk
Self Defence Classes	Roy Kirby		07891 766077	roykirby55@gmail.com
Friday				
Table Tennis (U3A)	U3A Office	01202 380113		www.pooleu3a.org.uk
Poole Arts (3rd Fri)	Linda Cartwright			poole@theartsociety.org
Taekwondo	Gordon Fearn		07970 951156	info@gftkd.co.uk
Saturday				
Dancing With Rachel	Rachel Adey/Ford		07447 725249	hey.nova.dance.co@gmail.com