



PADDOCK WOOD

COMMUNITY CENTRE

CLASS TIMETABLE

Monday

- **10am:** Anita Peach Yoga
- **11am:** PW Community Voices
- **1.45pm:** Great Strides
- **4pm:** First Flight Acro Mini Dance
- **5pm:** First Flight Acro Petite Dance
- **5.30pm:** Jungle Body
- **6pm:** Beginners Fitness Class - Sarah
- **6.30pm:** Studio N Dance Adults
- **7pm:** Bootcamp - Sarah

Tuesday

- **9am:** The Baby Cloud
- **09.30am:** Mobilates Accessible Pilates
- **10.45am:** Mobilates Seated Pilates
- **12pm:** Sweaty Mumma
- **1pm:** Hotshotz Tennis - SEN Adults
- **3pm:** First Flight Tiny Acro Dance
- **4pm:** Zumba
- **4pm:** First Flight Mini Acro & Tumbling
- **5pm:** First Flight Petite Acro & Tumbling
- **5.15pm:** Mobilates Accessible Pilates
- **5.30pm:** Slimming World
- **6pm:** First Flight Junior Acro & Tumbling
- **6.25pm:** Adult Yoga with Anita
- **7pm:** First Flight Senior Acro & Tumbling
- **7pm:** Slimming World

Wednesday

- **8am:** Slimming World
- **9.30am:** Stay & Play 0-4 years
- **9.30am:** Slimming World
- **11.15am:** Intermediate Body Control Pilates
- **1pm:** Hotshotz Tennis - For Parkinsons

- **4.30pm:** Taekwondo
- **6pm:** 5th Paddock Wood Guides
- **6pm:** Big Yoga Collective
- **6.30pm:** Tonbridge Spiritualist Church (FN)
- **8pm:** 108 Yoga

Thursday

- **9.45am:** Monkey Music 12months +
- **9.45am:** Bud Yoga
- **10.30am:** Monkey Music 3 months +
- **4.30pm:** Taekwondo
- **5.15pm:** Mobilates Accessible Pilates
- **6.50pm:** Bud Yoga
- **7pm:** Move with Ease - Yoga
- **8pm:** PW Community Voices

Friday

- **9.30am:** 108 Yoga
- **10am:** Iyengar Yoga
- **10am:** French & coffee conversation club Beginners
- **11am:** French & coffee conversation club Intermediate
- **12pm:** Paracise
- **12.30pm:** Breathless & Friends Choir
- **7pm:** PW Rangers (fortnightly)

Saturday

- **9am:** Hotshotz Tennis Adults
- **9.15am:** Yoga with Anita
- **10am:** Hotshotz Tennis 4-9yrs
- **10.50am:** Tots In Sport 1.5yrs - 2.5yrs
- **11am:** Hotshotz Tennis 10yrs
- **12pm:** Hotshotz Tennis Adults

Sunday

- **9.30am:** PW Baptist Church