



CLASS TIMETABLE

Monday

- **09:00am:** Emma Grist Pilates
- **10:00am:** StudioNDance Toddlers
- **11:00am:** PW Community Voices
- **1:15pm:** Great Strides
- **6:30pm:** Studio N Dance Adults
- **7:00pm:** Bootcamp - Sarah
- **7:00pm:** Moviecise

Tuesday

- **9:00am:** The Baby Cloud
- **09:30am:** Mobilates Accessible Pilates
- **10:45am:** Mobilates Seated Pilates
- **1:00pm:** Hotshotz Tennis - SEN Adults
- **4:00pm:** Zumba
- **5:15pm:** Mobilates Accessible Pilates
- **5:30pm:** Slimming World
- **6:30pm:** Adult Yoga with Anita
- **7:00pm:** Slimming World

Wednesday

- **8:00am:** Slimming World
- **9:30am:** Stay & Play 0-4 years
- **9:30am:** Slimming World
- **11:15am:** Intermediate Body Control Pilates
- **1:00pm:** Hotshotz Tennis - For Parkinsons
- **4:30pm:** Taekwondo
- **6:00pm:** 5th Paddock Wood Guides
- **6:00pm:** Big Yoga Collective
- **6:30pm:** Tonbridge Spiritualist Church (FN)
- **7:00pm:** Paddock Wood AC Strength (fortnightly)
- **8:00pm:** 108 Yoga

Thursday

- **9:45am:** Monkey Music 12months +
- **9:45am:** Bud Yoga
- **10:30am:** Monkey Music 3 months +
- **5:15pm:** Mobilates Accessible Pilates
- **6:30pm:** Move with Ease - yoga
- **7:00pm:** Bud Yoga
- **7:45pm:** Move with Ease - Yoga
- **8:00pm:** PW Community Voices

Friday

- **9:30am:** 108 Yoga
- **10:00am:** Iyengar Yoga
- **10:00am:** French & coffee conversation club (Monthly)
- **12:30pm:** Breathless & Friends Choir
- **7:00pm:** PW Rangers (fortnightly)
- **7:00pm:** Empowered by Freedom (monthly)

Saturday

- **9:00am:** Hotshotz Tennis Adults
- **9:15am:** Yoga with Anita
- **10:00am:** Hotshotz Tennis 4-9yrs
- **10:50am:** Tots In Sport 1.5yrs - 2.5yrs
- **11:00am:** Hotshotz Tennis 10yrs
- **11:20am:** Tots In Sport 2.5yrs - 5yrs
- **12:00pm:** Hotshotz Tennis Adults

Sunday

- **9:30am:** PW Baptist Church