

What's happening in the Centre from day to day.... Please contact the tutors for class details and charges

Monday

Pilates, exercise for adults, 11.30am to 12.30pm, www.clarelaterriere.co.uk, **07733 260 352**, clarelaterriere@yahoo.co.uk

Diddi Dance, dance for toddlers, 10.00 and 11.00am, **07973 982 790**, info@diddidance.com

The Hat Project, millinery classes, 1.30 to 4.30pm, **020 7639 0214**, telegraphhill@toucansurf.com (tutor required—phone if interested)

Kumon, maths & English for children, 4.00 to 6.00pm **01689 602 196**, brockley@kumoncentre.co.uk

Pilates, exercise class for adults, 6.00 to 7.00pm, www.clarelaterriere.co.uk, **07733 260 352**, clarelaterriere@yahoo.co.uk

New German classes, children 6 to 9 3.45 to 4.45pm **07788 620133** regina_fichtner2001@yahoo.de

Dynamic Yoga, a deep strong flowing yoga practice for adults, 7.30 to 9.00pm, www.yogajeannie.com **07956 333 981** yogajeannie@mac.com

New Life Drawing Class, 7.30pm to 9.30pm, www.kastruc.hotmail **07792 872 864** kastruc@hotmail.com

Tuesday

Aerobics with a Kick, exercise class for adults, 9.30 to 10.30am, www.clarelaterriere.co.uk, **07733 260 352**, clarelaterriere@yahoo.co.uk

New Mothers & Babies Zumba starting 2 October at 10.45 to 11.45am, **07734 833**

263, supertrainwithmelek@gmail.com

Yoga for Health, Iyengar yoga class 10.15 to 11.45am (mixed ability, beginners welcome), **07727 083 817** find us on Facebook: Telegraph Hill Yoga

Free The Light House Social Club, for adults, 12 noon to 4.00pm (not the last Tuesday of the month), **07581 563 008** stephen765@googlemail.com

Fairweather Dance School, Ballet & tap classes for children, 4.00 to 6.30pm, **07858 634 322**, fairweatherdanceschool@hotmail.co.uk

Yoga for Health, Iyengar yoga class (mixed ability, beginners welcome) 7.00 to 8.15pm, **07727 083 817** find us on Facebook: Telegraph Hill Yoga

Zumba, exercise class for adults, 6.00 to 7.00pm, **07886 368 823**, pilatespeace@hotmail.co.uk

Tai Chi, Yang bare hand & broadsword, all ages, 7.10 to 8.40pm, **020 7635 9421**, zehenwei.taichi@gmail.com

Gamblers Anonymous, 8.15 to 10.15pm, **020 7384 3040**, www.gamblersanonymous.org.uk

Wednesday

Free Bumps & Babies and Toddle On, a drop-in, 9.30am to 12noon, **07903 882 851**, nctrepnewcrossdeptford@googlemail.com

LittleBubbles, music & movement pre-school, 10.30 to 11.15am, **07552 767 683**, edfh@littlebubbles.com

Step Into, Strength & Stretch 60+ drop in session no need to book, 1.30 to 2.30pm, **07766 005 139**

New Zumbatomic, fitness for kids 3.35 to 4.20 pm, **07404731390**, jopaq118@yahoo.co.uk

La Jolie Ronda, Spanish classes for children, 4.00 to 5.00pm, **07544 262 077**, annamariarowe@hotmail.co.uk

Yoga for adults 6.30 to 7.30pm 07887 513 563 maryphilomenamac@googlemail.com

Free Telegraph Hill Youth Club, 12 plus 6.30 to 9.30pm **07507 148 946** bradley@somervilleadventure.co.uk

Pilates, exercise classes for adults, 6.00 to 7.00pm followed by **Aerobics**, 7.30 to 8.30pm, www.clarelaterriere.co.uk, **07733 260 352**, clarelaterriere@yahoo.co.uk

Alcoholics Anonymous, 8.00 to 10.00pm, **0845 769 7555**, www.alcoholics-anonymous.org.uk

Thursday

Boppin' Bunnies, music for under 5s led by Professional Cellist Ali, 9.30 to 12noon, **07855 916 496**, info@boppinbunnies.co.uk

Free Lunch Club, over 60s drop-in club 10.00am to 2.00pm, **020 7639 0214**, telegraphhill@toucansurf.com

Kum Nye, Tibetan relaxation, 2.00 to 3.00pm, **07780 552 545**, bernardasmit@hotmail.com

Capoeira, Brazilian martial art for Children, 4.30 to 5.30pm, **07738 735 458**, pitangacapoeira@hotmail.com

Pilates, exercise classes for adults, 6.00 to 7.00pm and 7.00 to 8.00pm, www.clarelaterriere.co.uk, **07733 260 352** clarelaterriere@yahoo.co.uk

Feldenkrais, Awareness through Movement, drop-in session, 6.30 to 7.45pm, **07976 640 737**, info@vocaldynamix.com

Friday

Aerobics, exercise class for adults, 9.30 to 10.30am, www.clarelaterriere.co.uk, **07733 260 352**, clarelaterriere@yahoo.co.uk

Nature Bug, Nature inspired classes for pre-school, 10.00 to 11.00 am, **07521 778 136**, mail@thenaturebug.co.uk

Free The Light House Social Club, for adults, 12noon to 4.00pm (not the last Friday of the month), **07581 563 008** stephen765@googlemail.com

La Jolie Ronde, French classes for children 4 to 11 years, 4.00 to 5.00pm, **07979 450 269** iva.batusic@lajolierondelicensee.co.uk

Free Telegraph Hill Youth Club, 12 plus, 6.30 to 9.30pm, **07507 148 946** bradley@somervilleadventure.co.uk

Mongoose Thai, kick boxing for all ages, 7.00 to 9.00pm, **07729 792 761**, eli-love@hotmail.co.uk

Saturday

Kumon, Maths & English for children, 9.15 to 11.15am, **01689 602 196**, brockley@kumoncentre.co.uk

Craft Collective Markets 15 October, 19 November and 17 December 2012 please contact Pinky 0785 436 4120

Monthly Councillor Surgeries, with Cllrs Paul Bell, Joan Millbank and Dan Whittle. Every fourth Saturday of the month, 11.00 am to 12.00 noon **NO booking required**

Telegraph Hill
Centre

Jane Hartley – Centre Manager
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