

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

Monday

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

NEW HAYA, professional drama classes 8-18 years, 4 to 6pm **07865481737**
info@thehuntacademy.co.uk

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

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

NEW Vinyasa Flow Yoga, 7.30 to 9pm, genevieve_roberts@hotmail.com

NEW Hypnobirthing, classes 7.30 to 10pm, 07961 990 275, suzy@limitlessyou.co.uk

Tuesday

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

Kum Nye, Tibetan relaxation, 1.45 to 2.45 pm, **07780 552 545**, bernardasmit@hotmail.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

NEW Zumba 6 to 7pm
zumba.justyna@gmail.com

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 12 noon, **07903 882 851**

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

Stretch and Strengthen, drop in session no need to book, 1.30 to 2.30pm, **07766 005 139**, gus@activelifefic.com

Mandarin (Chinese) class 4pm to 5pm children & adult classes **07905 784 491**
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 8.00pm 07887 513 563 maryphilomenamac@googlemail.com

Free Telegraph Hill Youth Club, 12 plus 6.30 to 9.30pm, **0207 732 1403**
office@somervilleadventure.org.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, 9.30 to 12noon, **07855 916 496**, info@boppinbunnies.co.uk

NEW Kids Yoga, 1.30 to 2.30pm
pennyja@gmail.com

NEW The Hat Project, millinery classes, 1 pm to 3.00 pm, 077 1233 5540, www.rizvimillinery.com

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

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

NEW Pilates, 6 to 7pm and 7 to 8pm, **07961 125 215**, heather@pilatesclub.co.uk

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

Friday

NEW Yoga to restore + re-energise, 10 to 11am, **07956 333 981**
yogajeannie@mac.com

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

NEW HAYA, professional drama classes 8-18 years, 4.30 to 6.30 pm 07865481737
info@thehuntacademy.co.uk

Free Telegraph Hill Youth Club, 12 plus, 7.30 to 10.30pm, **0207 732 1403**
office@somervilleadventure.org.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

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**

The Parlour Group

Zsu Therapy: Massage & reflexology 07985 751 135

Paul Maiteny: Accredited integrative & transpersonal psychotherapist 07914 703 30

Mona Stylianou: Psychotherapist short-term & long-term psychotherapy clients 07912 981 108

The London Nutritionist: Dietician, One-to-one consultations and group workshops 07540 305 699

Silver lining Counselling: Counsellor 07920 056 628

Almond & Avocado Ltd:

Aromatherapy & reflexology,
07957 630 186

Lily Serena: Integrative counsellor
07583 536 845

Leigh Blyth: Bodywork &
psychotherapy 07905 890 475

Craft Collective 2013 Craft
Workshops & Emporiums:

September 21 & 21 December

2013 11am to 4pm, 07854 364 120

thcraftcollective@gmail.com

**Want to hire the Centre for a
one-off event, training session
or other regular activity contact:**

Jane Hartley: 020 7639 0214

telegraphhill@toucansurf.com

www.thcentre.com or pop into the

Centre Mon-Fri 10.30 to 1.30pm