

Telegraph Hill Centre classes and activities

Date: Spring Term (January -April 2019)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
2	Narthex	Lounge	Craft Room	Narthex	Lounge	Craft Room	Narthex	Lounge	Craft Room	Narthex	Lounge	Craft Room	Narthex	Lounge	Craft Room	Narthex	Lounge	Craft Room	
4	8:00-8:30		CCC Club			CCC Club			CCC Club			CCC Club			CCC Club		8.15 HIIT		
5	8:30-9:00		CCC Club			CCC Club			CCC Club			CCC Club			CCC Club		Bootcamp		
6	9:00-9:30										Branching Out						9.15am-		
7	9:30-10:00										Branching Out	Boppin Bunnies					Kumon		
8	10:00-10:30		Didi Dance		Pilates (Zoe)	10:15am-					Branching Out	Boppin Bunnies		Yoga (Caroline)	Parents Exercise	MIND	Kumon	Yoga (Hollie)	
9	10:30-11:00		Didi Dance			Yoga (Steph)					Branching Out	Boppin Bunnies		Yoga (Caroline)	Susana	MIND	Kumon	Yoga (Hollie)	
10	11:00-11:30					Yoga			Pilates (Kat)		Branching Out					MIND	-11.15am		The Today Project
11	11:30-12:00					-11.45am			11.45		Branching Out			Baby Group		MIND			The Today Project
12	12:00-12:30							12:15			Branching Out			Baby Group		MIND			The Today Project
13	12:30-1:00							Stretch & Strengthen			Branching Out			Baby Group		MIND			The Today Project
14	1:00-1:30							- 1.15pm			Branching Out			Baby Group					The Today Project
15	1:30-2:00										Branching Out			Baby Group					The Today Project
16	2:00-2:30													Baby Group					
17	2:30-3:00																		
18	3:00-3:30			CCC Club			CCC Club			CCC Club				CCC Club			CCC Club		Achieving 11+
19	3:30-4:00	3:45pm-		CCC Club			CCC Club			CCC Club	Kids Ballet (EOS)			CCC Club		3.45pm-	CCC Club		Achieving 11+
20	4:00-4:30	Kids Street Dance (EOS)	4:15pm-	CCC Club		Kids Ballet (Fairweather)	CCC Club			CCC Club	Kids Ballet (EOS)			CCC Club	Haya Drama	CCC Club			Achieving 11+
21	4:30-5:00	Kids Street Dance (EOS)	Kumon	CCC Club		Kids Ballet (Fairweather)	CCC Club			CCC Club	Kids Ballet (EOS)			CCC Club	Haya Drama	Haya Drama	CCC Club		Achieving 11+
22	5:00-5:30	-5.15pm	Kumon	CCC Club	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club			CCC Club	Kids Ballet (EOS)			CCC Club	Haya Drama	Haya Drama	CCC Club		Achieving 11+
23	5:30-6:00		Kumon	CCC Club	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club			CCC Club	Kids Ballet (EOS)			CCC Club	Haya Drama	Haya Drama	CCC Club		
24	6:00-6:30		-6.15pm	CCC Club	Kids Ballet (Fairweather)		CCC Club			CCC Club				CCC Club	Haya Drama	Haya Drama	CCC Club		
25	6:30-7:00	Yoga (Roberta)			Kids Ballet (Fairweather)			6.45pm-			Pilates (Mary)								
26	7:00-7:30	Yoga (Roberta)	Kettlebells		7.15pm-	Yoga (Steph)	The Today Project	Yoga (Mary)			Pilates (Mary)	Sandbells		12 Steppin	Sharing Serenity				
27	7:30-8:00	Yoga (Jean)	Kettlebells		Tai Chi	Yoga (Steph)	The Today Project	Yoga (Mary)	7.30pm -		Pilates (Mary)	Kettlebells		12 Steppin	Potential				
28	8:00-8:30	Yoga (Jean)	HIIT		Tai Chi	8.15-	The Today Project	-8.15pm	AA		Pilates (Mary)	Kettlebells		12 Steppin	From January				
29	8:30-9:00	Yoga (Jean)			Tai Chi	GA			AA					12 Steppin	2019		Updated 04/01/2019		
30	9:00-9:30					-9.45			-9.3					12 Steppin					