



FITNESS LEAGUE SUMMER CLASSES IN THE UK.

AVON

Bristol

Tuesday 6.45pm Almondsbury Sports & Social Centre, Almondsbury, Bristol
Contact: Andrea 07970125353

CORNWALL

Bude, Wadebridge, Bideford

Tuesday 2.15/3.30 – The Parkhouse Centre, Bude, Cornwall. Every week except 30th August & 6th September
Wednesday 10.30-11.45 – The Town Hall, Wadebridge, Cornwall. Every week except 31st August & 7th September
Thursday 10.30-11.15 – The Pollyfield Centre, Bideford, Devon Every week except 1st & 8th September
Contact: Heather Jordan – 01288 321771 heather@heatherjordan.co.uk

BERKSHIRE

Datchet

Wednesday 10 - 11 Datchet Hall Datchet SL3 9NR
Contact: Lindsay Tanner 07885 072891

Maidenhead

Thursday 10.30 – 11.30 Cox Green Comm Centre, Highfield Lane, Cox Green, Maidenhead. SL6 3AX
Contact:- Wendy Fryer 01628 628632

CHESHIRE

Lymm & St Helens

Mon afternoon 2 – 3.30 Lymm St Mary's church hall
Mon evening 7.30 – 9pm Frodsham Kings Church
Tues evening 6.30 – 9pm St Pauls Church Hall
Contact: Janet Tate 01925 266326. 07977049142

Warrington

Wednesday 10am (general class and tap class) Rylands Recreation Club, Gorse Lane, Warrington, WA2 7RZ
Contact: Rose Myers 07443 615327

DEVON

Bridford

Tuesdays 10 – 11am Bridford Village Hall until Aug 18
Contact: Pam Astbury 01626 873613

Exeter

Monday 19:15 - 20:15, St Leonard's Primary School, Exeter, EX2 4NQ contact Rebecca Rees 01626 332061
Tuesday 10am Cardinal Newman Centre, Wonford Road, Exeter, EX2 4PF Contact: Maggie Nicholls 01392 426683

Kingsteignton

Rydon Community Hall, Rydon Rd, Kingsteignton Tuesdays 8 – 9pm until August 18th but no class August 8th
Contact Pam Astbury 01626 873613

Newton Abbot

Tuesday, 10:00 - 11:15, The Courtenay Centre, Newton Abbot, TQ12 2QA
Wednesday, 10:30 - 11:30, The Courtenay Centre, Newton Abbot, TQ12 2QA
Thursday, 10:30 - 11:30, Abbotskerswell Village Hall, Newton Abbot, TQ12 5YF
Contact: Rebecca Rees 01626 332061

Sidmouth/ Exmouth/ Topsham/ Moreton Hampstead

Tuesday 10.00am St Theresa's Hall, Connaught Road, Sidmouth, EX 10 East Devon August 9,16,23
Wednesday 10.15am, Holy Ghost Parish Hall, Rydon Lane, Exmouth, EX 8 East Devon, August 10,17,24
Friday 10.15am Sports Hall Moretonhampstead, Devon TQ13 August 5, 12,19
Contact: Celia Vaile Tel. 01395 442490 Email : celiavaile@me.com

DORSET

Bournemouth

Fridays 10 – 11am St Edmund Campion, 481 Castle Lane West, Bournemouth BH8 9TN
Fridays 11.30am – 12.30pm The Annunciation R.C. Church, 218 Charminster Road, Bournemouth BH8 9RW
Contact Julie Channen 01202 872307/07470 124295 juliechannen14@gmail.com

Poole

Monday 10am Creekmoor Community centre, Poole
Wednesday 9.30am Plantation Road, Poole
Friday 11am Methodist church, Broadstone, Poole
Contact: Michelle Evans 07766275803.

Verwood

Tuesday's 12 – 1pm St Michaels and All Angels, Manor Road, Verwood BH31 6DZ
Contact Julie Channen 01202 872307/07470 124295 juliechannen14@gmail.com

West Moors

Thursdays 10am – 11am St Anthony's R.C. Church, Pinehurst Road, West Moors BH22 0AP
Contact Julie Channen 01202 872307/07470 124295 juliechannen14@gmail.com

Wimborne

Tuesdays 10.15 – 11.15am Allendale Centre, Wimborne
Contact Tanya 07818060639 or Tanya.dominey@btinternet.com

GLOUCESTERSHIRE

Wotton Under Edge

Monday 7.30pm The Club Room, Gloucester Street, Wotton-Under-Edge
Contact: Andrea 07970125353

HAMPSHIRE

Andover

Wednesdays 7pm:Weyhill 27th July, 10th August, 17th August, 24th Aug. Reopening normally 14 September
Contact Sue King 01264 772872/07747 061473

Basingstoke area

All through July and August – no class on Bank Holiday Monday

Mondays: 7.30-8.30pm Clift Meadow Pavilion, Minchens Lane, Bramley, near Basingstoke RG26 5BH

Tuesdays: 9.45-10.45 and 11.00-12noon Rucstall Community Centre, Holbein Close, Basingstoke RG21 3QN

Tuesdays: 7.30-8.30 Appleton Hall, The Victoria Halls, West Green Road, Hartley Wintney RG27 8R

Contact Alison Howard ah.fitnessleague@gmail.com 01256 327014

Southampton

Tuesdays 7.15 – 8.15 Regents Park Community College, King Edward Ave, Southampton SO16 4GW

Contact Julie Channen 01202 872307/07470 124295 juliechannen14@gmail.com

Winchester

Thursdays 7pm. Weeks 28th July, 11th August, 18th August, 25th August. Reopening normally on 15th September

Contact Sue King 01264 772872/07747 061473

LONDON

Southgate, North London

Thursday 9.30 – 11am The Bourne Methodist Church Southgate N14 (2 mins from Southgate Tube Station)

July 28th, August 4th, 11th, 18th

Contact: Anita Best 020 8886 0494

MIDLANDS

Belper (Derbyshire)

Monday 7.15 – 8.30 Long Row Primary School, Long Row. Belper DE56 1DR until July 25th

Contact Pam Dexter: 01332 513141 /07778 407113 pam@uptherams.co.uk

Bridgford (Nottingham)

Tuesday 10.15 – 11.15 Gamston Community Hall, West Bridgford, Nottingham

Contact: Jackie Allen – Nottingham 0115 9731093

Burton on Trent

Thursday 7.15pm – 8.45pm Anslow Village Hall, Main Rd, Burton-on-Trent DE13 9QH

Contact: Nicole 07800830733 or tate.nicole@hotmail.co.uk

Etwall (Derbyshire)

Wednesday 7.30 – 8.45 Etwall Primary School, Egginton Road, Etwall DE65 6NB until July 27th

Contact Pam Dexter: 01332 513141 /07778 407113 pam@uptherams.co.uk

Lichfield (Staffs)

Tuesday 2.30 – 4. Christchurch Hall, Litchfield. Until 23 August

Contact: Wendy Sherratt 01283 713752

Sutton Coldfield

Wednesday 2-3pm. Sacred Heart Parish Hall, Meir Green. Until 24th August

Contact: Wendy Sherratt 01283 713752

Uttoxeter

Tuesday 9.30 – 10.45 Uttoxeter Town Hall, High Street. Uttoxeter ST14 7HN until August 23rd

Contact Pam Dexter: 01332 513141 /07778 407113 pam@uptherams.co.uk

SCOTLAND

Edinburgh,

Wednesdays 10 – 11 Fairmilehead Parish Church, Frogston Road West. July 20, 27, August 3, 10, 17
Normal Tuesday, Wednesday, Thursday classes restart 13th September
Contact: Sally Floyd 0131 445 3906/07954 379590 s.floyd@blueyonder.co.uk

SOMERSET

Langport, Somerton, Taunton, Ilminster, Creech St Michael, North Petherton

Tues 9.30 - Ridgway Hall, Stacey's Court, Langport, Somerset, TA10 9PQ. July 19th & 26th. August 2nd & 9th.
Tues 11.30- Somerton Parish Rooms, Market Square, Somerton, TA11 7NB. July 19th & 26th. August 2nd & 9th.
Weds 9.45am Parade Dance Centre, Market House, Fore St, Taunton, TA1 1QG. July 20th & 27th. Aug 3rd & 10th.
Weds 2pm Ilminster Parish Hall, North Street, Ilminster, TA19 0DG. July 20th & 27th. August 3rd & 10th.
Thurs 9.30am Village Hall, Ryesland Way, Creech St. Michael, TA3 5TA. July 21st & 28th. August 4th & 11th.
Thurs 11.15 Community Centre, Fore Street, North Petherton, TA6 6SA. July 21st & 28th. August 4th & 11th.
Contact: Charlotte- 07764 301304 charlotte19313@gmail.com

SURREY

Ash

Wednesdays: 10.00-11.00 or stay till 11.30 The Ash Centre Ash Hill Road, Ash, near Aldershot GU12 5DP
Contact Alison Howard ah.fitnessleague@gmail.com 01256 327014

Cheam

Monday 8 – 9pm. St Paul's Church, Northey Avenue, Cheam, SM2 7HS 18th & 25th July
Contact: Karen Erasmus - rupertandkaren2@gmail.com; 020 8643 6171

Godstone/Redhill/Old Coulsdon/ Smallfield

Monday 10.30 – 11.45 White Hart Barn, Bay Path, Godstone, RH9 8DT till 1st August
Wednesday 10 – 11.15. Cameron Hall, Old Coulsdon Congregational Church, Old Coulsdon CR5 1EH till 3rd Aug
Wednesday 8 – 9pm St Joseph's Parish Hall, 122 Ladbroke Road, Redhill RH1 1LF till 3rd August
Thursday 10 – 11.15(+optional sequence class after) Centenary Hall, Wheelers Lane, Smallfield, RH6 9PT till 4th Aug
Contact: Melody 01883 743809 melodysturtfitness@gmail.com

Guildford

Monday 7.30 – 9pm 50+ Guildford Guide Hut, Nightingale Lane 8, 15, 22, 29 August
Tuesday 10 – 11am 65+ Guildford Guide Hut, Nightingale Lane 9, 16, 23, 30 August
Contact details - Sara Pittman 07894304542

SUSSEX

Angmering,

Wednesday 6.45 – 7.45 St Wilfred's Catholic Primary School, Angmering, West Sussex. BN16 4JR
Contact: Rosemary Hampson 01903 776135 or glennhampson@sky.com

Chichester,

Tuesday 2.30pm Chichester Baptist Church Until 16th September
Contact: Christine Cook 01243 533612

Eastbourne

Thursday 6.30 – 7.30. Christ the King Church Hall, Langley roundabout until 4th Aug. Re starting 1 September

Contact: Margaret Cutting 01323 769603 margaretcuttingfl@gmail.com

Henfield/ Hurstpierpoint

(Except for the week commencing 15th August).

Monday 6pm-7pm Henfield village hall.

Tuesday 10am -11am Methodist church, Hurstpierpoint.

Wednesday 5pm-6pm (new time)

Thursday 10am-11am Henfield Village Hall

Contact: Sally 01273 831632

Washington

Monday. Washington village hall- 9:30 until 10:30

Contact: Kim Jones 01903 891391

WALES

Newport – continuing all summer EXCEPT- no classes from 15/8 for 2 weeks. Back 31/8/16)

Monday St Annes Church Hall

Wednesday Stow Park Church Centre

Thursday Christchurch Parish Hall

Contact: Jayne Nicholls 07759 121486

WILTSHIRE

Devizes

Monday 10-11am The Wyvern Club, 51 Church Walk SN10 3AA

Landford

Monday 1.30 – 2.45pm Landford Village Hall, Lyndhurst Rd SP5 2AJ (no class Aug 15, 22, 29)

Contact: Pam Whitlock 01794 884087 curlocks@hotmail.co.uk

Market Lavington

Monday 6.45 – 7.45pm Green Dragon SN10 4AG

Wednesday 10-11am Green Dragon

Friday 10-11am The Old School

Contact Claire: 01380 812482/07710 420357 claire@clairelilley.com www.clairelilley.com

Salisbury

Tuesday 1900 - St Elizabeth Hall, Salisbury

Thursday 0945 – St Elizabeth Hall, Salisbury

Thursday 1200 - Antrobus House, Amesbury.

Friday 1145- Laverstock & Ford village hall, Laverstock.

Contact: Sheelagh Browne 01722 324202 mob 07961 071288 pmsemails@aol.com

Also Friday 10.30 – 11.45 – Harnham Memorial Hall, Watersmeet Rd Salisbury SP2 8JT (no class Aug 19, 26 & Sept 2)

Contact: Pam Whitlock 01794 884087 curlocks@hotmail.co.uk

