

Regular activities include:

- **JCW Fitness** Monday, Wednesday
& Friday
Pilates, dance & fitness classes
- **Zumba** Monday
Latin-inspired dance fitness
- **Tai Chi** Tuesday
termly beginners courses for adults
- **Kidz on the Hill Ballet** Tuesday
ballet classes, 1-3 yrs & 4 yrs upwards
- **Fujian White Crane Kung Fu** Wednesday
& Friday
fitness training for body, mind & spirit
- **Monkey Music** Thursday
& Friday
music for pre-school children
- **Thursday Club** Thursday
drop-in for the over-60s, all welcome
- **Yoga** Thursday
drop-in Astanga yoga classes, all levels
- **Maths tuition** Saturday
for secondary school age students

For further details, including times, contact the Parish Office

St Andrew's Centre

