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PROGRAMME

GREENWICH WEST
NOVEMBER/JANUARY 2012

MONDAY

10:00 Sing & Sign

Rebecca 020 8144 6225

singandsigngreenwichlewisham@gmail.com

11:00 Art Link

Isadora Duncan dance group

Barbara 020 7701 6379

11:15 Yumi Yoga

Claire 07957 204 177

www.yumiyoga.co.uk

16:00 Roos Academy

Children's Dance Classes from 3 y. old
Call 020 8300 8815

18:30 Weight Watchers

Weight Loss Support group

18:45 Zumba with Bianca

Bianca 07818 415 975

20:00 Wing Chun Kung Fu

Master Kwok Cheung 07780 671 889

20:00 Flamenco Dance Class

Emma 020 8305 6888

TUESDAY

9:30 Russian Playgroup

www.linguaplay.co.uk

17:00 Taekwondo

Daniel 07854 021 311

www.walterstaekwondo.com

17:15 Tour Guides

3rd Tuesday of the month

www.greenwichtours.co.uk

17:15 Flamenco Dance Class

Classes for children and adults

www.ritmoflamenco.co.uk

19:00 A.A. Weekly meeting

Pop in

19:00 Antenatal Classes

Sofie Jacobs 0790 606 863

www.sofiejacobs.com

19:30 Social Dance CEROC

Dancing for pleasure

www.cerocgreenwich.co.uk



WEDNESDAY

9:00 Boppin'Bunnies

Music, singing... for under 5s

Anna 020 8355 0542

10:00 Sing & Sign

Rebecca 020 8144 6225

singandsigngreenwichlewisham@gmail.com

10:00 Zumba with Zoe

Call 07768 880 679

16:00 Roos Academy

Children's Dance Classes from 3 years old

Call 020 8300 8815

18:30 Claddagh

Irish Dancing for children

Pauline 07846 603 259

20:30 Warriors of Shaolin

Kung Fu Tai-chi and Qi Gong

Sunny 07717 263 990

THURSDAY

9:30 Story Sock

Story based class for children aged 2-4

katy@storysock.co.uk

9:40 Monkey Music

Rebecca 020 8764 5185

www.monkeymusic.co.uk

16:00 Roos Academy

Children's Dance Classes from 3 y. old

Call 020 8300 8815

19:30 Salsa Classes

Rock and Roll dance Class

Trevor 020 8673 6488 / 07951 855 129

18:45 Bellydance Fusion (Drop in)

Laura 020 8858 2338 / 07770 991 390

19:00 Thameside Poetry Workshop

Doreen 020 8265 1408

19:30 Sahaja Yoga (Drop in)

www.sahajayoga.net

19:30 All Yoga

Adriana 07846434898

20:00 Iyengar Yoga

Andy 020 8305 6888



SATURDAY

9:30 Tiny Ballers

Soccer for Kids with Darren

www.tinyballers.co.uk

09:30 Link Chinese Academy

Mandarin playgroup for toddlers and classes for adults

Julia 020 8332 0942

10:00 Nouvelles Racines

French tuition for 5 to 18 years old

Semikian 07753 440 472

11:00 Tipper Entertainment

Street Dance / Hip-hop Dance. Jaime 07946 282 464

tipperents@tipperents.com

11:30 Greenwich Rhythms

Five Rhythms Dance discovery class

Sarah 07968 388 674

www.waveofenergy.co.uk

14:00 MP's surgery / Second Saturday of every month

By appointments only 020 7219 5895

**All details correct at time of going to press.*