

PROGRAMME

Tel: 020 8333 0086/ Fax: 020 8355 7550 E-Mail : info@greenwichwest.org.uk

Web site : www.greenwichwest.org.uk

MONDAY

10.00	Sing & Sign	Rebecca -0208 144 6225 or email ; singandsigngreenwichlewisham@gmail.com
11:00	Art Link	Isadora Duncan dance group- Barbara- 0207 701 6379
16:00	Roos Academy	Children's Dance Classes from 3 years old -0208 298 0430
18:30	Weight Watchers	Weight Loss Support group
18:45	Zumba with Bianca	Bianca - 07818 415 975
19:00	The Language Machine	Spanish Language Course. Contact: www.thelanguagemachine.co.uk
20:00	Wing Chun Kung Fu	Master Kwok Cheung- 07780 671 889
20:00	Yoga Class	Improvers- Wendy- 0208 690 3818
19:00	Flamenco Dance Class	Class for children 0208 305 6888

TUESDAY

16:00	Tour Guides	3 rd Tuesday of the month. www.greenwichtours.co.uk
17:15	Flamenco Dance Class	Classes for children and adults -Emma - 0208 305 6888
18.45	Jazz Improvisation	Gareth Lockrane- 07977 006076
19:00	A.A. Weekly meeting	Pop in
19:00	Antenatal Classes	Sofie Jacobs- 07960606863
19:30	Social Dance- CEROC	Dancing for pleasure – Russell – 01322 522 862

WEDNESDAY

10:00	Sing & Sign	Rebecca -0207 639 3696 or email; rebeccaclow@gmail.com
10:15	Boppin'Bunnies	Anna- 020 8355 0542. Music, Singing ... for under 5s.
16:00	Roos Academy	Children's Dance Classes from 3 years old- 020 8298 0430
18:30	Claddagh	Irish Dancing for Children -Pauline- 07958 521 330
19:00	Meditation	Raja Yoga Meditation- Ada -020 8871 0749
19:00	The Language Machine	Spanish Language Course. Contact ; philip@thelanguagemachine.co.uk

THURSDAY		
9:30	Story Sock	Story based calls 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 years old- 0208 298 0430
19:30	Salsa Classes	Rock and Roll Dance Class- Trevor -020 8673 6488/ 07951855129
19:00	Thameside Poetry Workshop	Roy - 0208 318 0717
18:45	Bellydance Fusion	Laura- drop in- 020 8858 2338/ 07770 991 390
19:30	Sahaja Yoga	Drop in - www.sahajayoga.net
20:00	Yoga	General Class- Andy - 0208 305 6888
17:30	Shaolin Kung Fu	Contact Baris 07979 780 977 baris@shaolintempleuk.org
FRIDAY		
10:00	Messy Play	Kelly- 07974 424206 www.messyplaytime.co.uk
13:00	Cookery Club	Nicola- 0208 694 7377
16:00	Roos Academy	Children's Dance Classes from 3 years old - 0208 298 0430
19:00	Danza Latina Project	Latin American Dance -Myriam - 0207 737 4363
19:00	Local Councillors Surgery	Drop in Surgery
19:30	Narrow Gauge Railway Society	Railway Modelling and Study - 1st and 3rd Friday, most months) www.gdngrs.com
SATURDAY		
9:30	Tiny Ballers	Soccer for kids Email Darren ; darren@tinyballers.co.uk
10:00	Tipper Entertainment	Street dance/Hip-hop dance Jaime; tipperents@tipperents.com
10:00	Nouvelles Racines	French Tuitions for 5 to 18 years old. Semikian- 07753 440 472
11:15	Greenwich Rhythms	Gabrielle Roth's Dance Discovery Class. Sarah- 07968 388 674
11:30	Now Fitness	Body Conditioning Lizzie on 07709 544 173, support@nowfitness.co.uk
13:00	Link Chinese Academy	Mandarin playgroup for toddlers and classes for children and adults. Julia- 020 8332 0942
14:15	Zumba with Bianca	Bianca - 07818 415 975
14:00	MP's Surgery	Second Saturday of every month- by appointment only 0207 219 5895
14:30	Warriors of Shaolin	Kung Fu Tai-chi and Qi Gong. Sunny 07717 263 990