

Autumn

weekly schedule

hanovercc.org

25

Sep / Oct

MONDAY

09:15	10:15	The Studio	Pilates <i>(Rachel Attmere)</i>	attmerepilates.com
10:00	13:00	The Hall	Rose Garden School	elenasanz321@hotmail.com
10:30	11:30	The Studio	Pilates <i>(Rachel Attmere)</i>	attmerepilates.com
12:00	13:00	The Studio	BollyMoves	magicmovesdance.co.uk
15:45	17:15	The Studio	Suzie's Art Club	suziepoyntz@icloud.com
16:15	17:45	The Hall	Third Space Theatre	thirdspacetheatre.co.uk
18:00	19:00	Studio	Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
18:15	19:15	The Hall	Dreamspin Hoop	dreamspin@rocketmail.com
19:15	20:15	The Studio	Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
19:30	20:30	The Hall	Vajrasati Yoga <i>(Leo Taylor)</i>	centredspace.net

THURSDAY

09:15	10:15	The Studio	Slow Flow Yoga <i>(Bev H)</i>	07815 311 332
10:00	15:00	The Hall	Woodland Tribe	Drop in
10:30	11:45	The Studio	Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
11:45	12:45	The Studio	Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
15:30	18:15	The Studio	Third Space Theatre	thirdspacetheatre.co.uk
16:00	16:30	The Hall	Savage Martial Arts <i>(4-7)</i>	savagemartialarts.co.uk
17:00	17:45	The Hall	Savage Martial Arts <i>(8+)</i>	savagemartialarts.co.uk
18:15	19:15	The Hall	Pilates <i>(Nelly Lewis)</i>	nellylewis.com
18:30	19:30	The Studio	Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
19:30	21:30	The Hall	Morris Men	brightonmorris.co.uk

TUESDAY

08:00	09:00	The Hall	Beginners Hatha Yoga <i>(Izzy)</i>	momoyoga.com/izzyyoga
09:15	10:15	The Studio	Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
10:30	12:00	The Hall	Brighton Breastfeeding	Drop in
10:30	12:30	The Studio	Singing Mamas	laura.owen.singingmamas@gmail.com
16:00	18:00	The Studio	Brighton Ballet	brightonballetschool.co.uk
18:15	19:15	The Hall	Dreamspin Hoop	dreamspin@rocketmail.com
19:00	21:30	The Studio	Crazy Monkey	crazymonkeybrighton.com
19:30	21:30	The Hall	Wu Tan Kung Fu	wutanbrighton.co.uk

FRIDAY

07:30	108:30	The Studio	Vinyasa Yoga <i>(Sarah Sullivan)</i>	07425 316557 /@musana_yoga
08:00	08:45	The Hall	HIIT class	futureyoutpt.com
09:00	10:00	The Studio	HIP Pilates <i>(Katie Bringleoe)</i>	pilateswithkatie.co.uk
09:15	10:15	The Hall	Beginner's Yoga <i>(Juliette Finn)</i>	juliettefinnyoga.co.uk
10:15	11:30	The Studio	Iyengar Yoga <i>(Sarah Kennedy)</i>	sarah.iyengaryoga@outlook.com
10:30	11:15	The Hall	Magic Moves	magicmovesdance.co.uk
16:30	17:30	The Studio	Brighton Ballet	brightonballetschool.co.uk
18:00	19:00	The Studio	Funky Friday Flow Yoga	peg_osborne@hotmail.com

WEDNESDAY

09:30	11:30	The Hall	Hanover Playgroup	Drop in
12:15	13:15	The Studio	Vinyasa Flow <i>(Charlie)</i>	yogahanover.eventbrite.co.uk
15:45	16:45	The Studio	Kids Zumba <i>(Dani)</i>	zumbawithdaniking.com
18:00	19:00	The Studio	Crazy Monkey	crazymonkeybrighton.com
19:30	21:00	The Studio	Iyengar Yoga <i>(Sarah Kennedy)</i>	sarah.iyengaryoga@outlook.com

SATURDAY

09:00	10:00	The Hall	Magic Moves	magicmovesdance.co.uk
09:30	10:30	The Studio	Vajrasati Yoga <i>(Leo Taylor)</i>	centredspace.net
11:00	12:00	The Studio	Magic Moves	magicmovesdance.co.uk

OTHER	The Room	Violin and Piano lessons	rachelwoodmusic.com
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hanover
community
centre

BEER FESTIVAL

3rd/4th
October
6.30pm

TICKETS

