

Column1	Column2	Column3	Column4	Column6	Column7
Monday	Venue	Time	Acvtivity	Contact name	Phone number
	A1	9.30-10.30	Pilates	Sarah	07889 260698
Monthly (1st Mon)	Green room	10.00-12.00	Kinship Carers	Y Centre	01424 429677
	Sportshall	10.30-11.30	Dance	Sarah	07889 260698
	A1	11.00-12.00	Daisy Chain & Lou-P Fitness (Low impact)	Daisy & Louise	07718 660124
	A1	12.15-1.15	Daisy Chain & Lou-P Fitness	Daisy & Louise	07718 660124
Fortnightly	A1	6.00-7.00	Ballet fit	Sarah	07889 260698
	Green room	6.30-8	ADHD support group	Jude	07970 717026
	Sportshall	7.30-8.30	Pass & Move (Netball)	Alison	07510 004335
Tuesday	Venue	Time	Activity	Contact name	Phone number
	Sportshall	11.30-12.30	Daisy Chain & Lou-P Fitness, Zumba Gold (Low impact)	Daisy & Louise	07718 660124
	Green room	12.00-3.00	Greener Futures	Paola	07736 132772
	A1	4.30-8.15	Hastings School of Contemporary Dance	Francesca	07922 314207
	Sportshall	7.30-9.00	Newbournes Junior Roller Derby	Julie	07974 641522
Wednesday	Venue	Time	Activity	Contact name	Phone number
	Sportshall	9.45-10.45	Active Hastings - Over 50's Aerobic class £2pp	Heidi	01424 451051
	Green room	12.00-5.00	Greener Futures	Paola	07736 132772
	A1	12.00-1.00	Daisy Chain & Lou-P Fitness - Fitness Yoga (Low impact)	Daisy & Louise	07718 660124
	A1	3.00-7.00	Nicola Rodmell School of Performing Arts	Nicola	07891 897501
	A1	7.30-9.00	Shimmy time - Belly dance	Chloe	07939 803333
Thursday	Venue	Time	Activity	Contact name	Phone number
	Green room	9.00-1.00	Greener Futures	Paola	07736 132772
	A1	10.30-11.30	Tap	Sarah	07889 260698
	Sportshall	11.30-12.30	Daisy Chain & Lou-P Fitness - Zumba Gold (Low impact)	Daisy & Louise	07718 660124
Monthly(1st Thurs)	Green room	2.00-4.00	Care for the Carers	Rachel	01323 738390
	Sportshall	3.30-5.30	After School Skate	Y Centre	01424 429677
	A1	4.00-8.15	Hastings School of Contemporary Dance	Francesca	07922 314207
	Green room	6.00-8.30	Y Centre Youth Club	Y Centre	01424 429677
	Sportshall	7.10-8.10	Daisy Chain & Lou-P Fitness - Zumba (High Impact)	Daisy & Louise	07718 660124
Friday	Venue	Time	Activity	Contact name	Phone number
Monthly (1st Fri)	Green room	9.30-11.30	Amaze - Parent Carer Support Group	???	
	Sportshall	10.30-11.30	Autism Sussex	CLOSED SESSION	
	Green room	12.00-4.00	Greener Futures	Paola	07736 132772
	Sportshall	3.30-5.30	Albion Football	Mark	07876 898034
	A1	4.00-7.00	Tap on Tap (PRE-BOOK ONLY)	Helen	
	Sportshall	6.00-8.00	Roller Hockey - South Coast Inline	Warren	07838 173893
Saturday	Venue	Time	Activity	Contact name	Phone number
	A1	9-12.45	Hastings School of Contemporary Dance	Francesca	07922 314207
	Sportshall	9.45-10.45	Daisy Chain & Lou-P Fitness - Family Zumba (Low-medium Impact)	Daisy & Louise	07718 660124
	Sportshall	4.00-7.00	Family skate	Y Centre	01424 429677

Sunday	Venue	Time	Activity	Contact name	Phone number
	Sportshall	12.00-3.00	Sunday Brunch Skate	Y Centre	01424 429677
	Sportshall	4.00-6.00	Extreme Skate - Ramps & Rails Session	Y Centre	01424 429677

Column8	Column9	
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