

# Weekly Schedule

## Monday

### Music Bugs

9.30 am - 12.30 pm (small)  
amy@musicbugs.co.uk

### Pilates

1.30 pm - 2.15 pm (small)  
annailes80@gmail.com

### Dance as u go

11.15 am - 12:15 pm (large)  
contact@danceasugo.co.uk

### IPA

4 pm - 5.30 pm (large)  
4 pm - 7 pm (small)  
intermissionpa@hotmail.com

### Just Dance

(Adult Dance & Fitness class 16+)  
7.30 pm - 8.30 pm (small)  
alihefferon@yahoo.co.uk

### British Sugar Craft

7 pm - 10 pm (large)  
(alternate 1st Monday)  
01622 762749

### Maidstone Postcard Club

7.15 pm - 9.45 pm (small)  
(3rd Monday)  
01622 843536

## Tuesday

### IPA

4 pm - 6.30 pm (large)  
4 pm - 9.00 pm (small)  
intermissionpa@hotmail.com

### Tai Chi

7 pm - 8 pm (large)  
telisataichi@gmail.com

### Zumba

8.15 pm - 9.15 pm (large)  
claudia.trentino11@gmail.com

## Wednesday

### Music Bugs

10 am - 12 noon (small)  
amy@musicbugs.co.uk

### Maidara

1 pm - 4 pm (large)  
(1st Wednesday)  
01622 676422

### Gymnastics

4.15 pm - 6.30 pm (large)  
Dance25.8@hotmail.com

### Kent Family History

7 pm - 9 pm (small)  
(2nd Wednesday)  
carolrpaul@blueyonder.co.uk

### Rochester Singers

8 pm - 9.30 pm (church)  
globaljane@hotmail.co.uk

## Thursday

### Yoga

9.45 am - 11 am (small)  
anita.e.jarvis@icloud.com

### Pilates

11.30 am - 12.15 pm (small)  
annailes80@gmail.com

### Tai Chi (Bodhi Training)

1 pm - 1.45 pm (large)  
jennielichfield@mac.com

### Mothers Union

2.30 pm - 4 pm (small)  
(2nd Thursday)  
01622 758062

### IPA

4.30 pm - 7.00 pm (large)  
intermissionpa@hotmail.com

### Maidstone Philatelic Society (Stamps)

7 pm - 10 pm (small)  
(Fortnightly)  
1622 675784

### St. Paul's Fellowship

2.30 pm - 4 pm (small)  
(3rd Thursday)  
01622 761234

### Lindy Hoppers

7.45 pm - 9.45 pm (large)  
trevertango@virginmedia.com

## Friday

### Paracise

1.15 pm - 2.00 pm (small)  
polly@paracise.com

### Perform

3.30 pm - 6.00 pm (small)  
olivertheobald@perform.org.uk

### IPA

4.30 pm - 7 pm (large)  
intermissionpa@hotmail.com

### Guides & Rangers

7.30 pm - 9.30 pm (small)  
jackwao68@hotmail.com

## Saturday

### IPA

9.15 am - 5.15 pm (small)  
intermissionpa@hotmail.com

### Gymnastics

9 am - 10.30 am (large)  
Dance25.8@hotmail.com

### British Sugar craft

2 pm - 5 pm (large)  
(alternate 1st Saturday)  
Contact: 01622 762749