



## **Lady James' Hall 2023 Timetable**

**Lady James' Hall is run entirely by unpaid volunteers**  
**and is a 'not for profit' community group**

|                           |   |
|---------------------------|---|
| <b>Mon</b> 9.30-10.15     | Zumba   |
| Mon 10.30-12.30           | Healthy HUB (HIT)   |
| Mon 1-3pm                 | Art and All That Stuff 50+                                    |
| Mon 1-3pm                 | St John's Snooker Group                                       |
| Mon 6.30-7.45pm           | Pilates with Joy  |
| <b>Tues</b> 12.30-2.30pm  | Stitches (knit/crochet)                                       |
|                           | and a cuppa   |
| Tues 7.30-8.30pm          | Sound Bath with Louise<br>(1 <sup>st</sup> Tues of the month) |
| <b>Wed</b> 12.30-1.35     | Zumba Gold (50+)  |
| Wed 2-4pm                 | Sequence Dancing (50+)  |
| Wed 2-3pm                 | Snooker (Private)   |
| Wed 4-6.30pm              | Ladybird Fun Club (5-11yrs)                                   |
| Wed 7-8.30pm              | Irlam Rainbow Social Group                                    |
| <b>Thurs</b> 9.30-12noon  | Food for Thought (term time)                                  |
| Thurs 2- 4.15pm           | Loose Boots Line Dancing                                      |
| Thurs 6.30-7.30pm         | Circuit Training with Marissa                                 |
| <b>Fri</b> 11.30-12.15    | Keep Fit  |
| Fri 12.30-1.30pm          | Friday Prayer Group   |
| Fri 8-10pm                | B B Bingo (Over 18s only)                                     |
| <b>Sat</b> 8.15 + 10.00am | Slimming World  |
| <b>Sun</b> 10.30-11.30    | Karate  |
| Sun 1-2.30pm              | Gardening and crafts<br>(Monthly March-Nov)                   |

**Want to make a booking or find out more?**

**Contact Committee Secretary Diane on**

**[dehesford@hotmail.com](mailto:dehesford@hotmail.com)**