

Weekly calendar of EVENTS



| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|--|--|---|--|-----|--|
| Morning | STRENGTH + MOBILITY Mathilde Pawsey (m.e.pawsey@gmail.com) | ART CLUB Linda Plant (lindaplant@hotmail.co.uk) | POWERHOOP WITH ELIE Eleanor Sharratt (eliewri24@hotmail.co.uk) | | TODDLER MUSIC GROUP - Every other Friday Anna Ducker (annaducker@hotmail.com) | | CORINNE PEACOCK ART PLAY - First Sunday each month Corinne Peacock (corinne.peacock@btinternet.com) |
| | PILATES PLEASE - 6 morning sessions each week Lucy Bowditch (lcbowditch@gmail.com) | | | | | | |
| Afternoon | | BABY & TODDLER Sandra Cresswell (sandra@carlfordchurches.org) | STRENGTH + MOBILITY Mathilde Pawsey (m.e.pawsey@gmail.com) | CARPET BOWLS Heather Langdon (heather.langdon@btinternet.com) | | | |
| | | RAINBOWS & BROWNIES Sharon Proctor (sharon.kf@icloud.com) | 456 CLUB Sandra Cresswell (sandra@carlfordchurches.org) | | | | |
| WOODBIDGE SCHOOL OF DANCE - 2 sessions each week Lauren Clarke (w.s.o.d@live.co.uk) | | | | | | | |
| PILATES PLEASE - 7 afternoon\evening sessions each week Lucy Bowditch (lcbowditch@gmail.com) | | | | | | | |
| Evening | FOLK DANCERS John Talbot (john.talbot@grundisburghfolk-dancers.uk) | OFFBEAT (Men's choir) Carol McConnell Theobald (carol.jopling-music@gmail.com) | GADS (Amateur dramatics) Karen Tatham (secretary@grundisburgh-amdram.net) | UPBEAT (Ladies' choir) Carol McConnell Theobald (carol.jopling-music@gmail.com) | | | |