

- Monday** Pilates with Jo Boland 10.30 - 11.15pm
www.josclass.com
- Monday** Creative Café 2.00 - 3.30pm
email info@wrenhall.org for details
- Monday** Zumba Dance Fitness with Helen & Caron 6.15 - 7.15pm
www.wrenhall.org/helen-lakin-zumba/
- Monday** The BIG sing Community Choir 7.30 - 9pm
www.big-sing.com
- Tuesday** BodyBalance with Jo Boland 10.00 - 10.45 am
www.josclass.com
- Tuesday** Iyengar Yoga with Paula Savery 11.15am - 12.15pm
www.wrenhall.org/paula-savery-iyengar-yoga/
- Wednesday** Pilates with Jo Boland 10.00 - 10.45am
www.josclass.com 6.15 - 7.00pm
- Thursday** Zumba Dance Fitness with Helen Lakin 10.00 - 11.00am
www.wrenhall.org/helen-lakin-zumba/
- Thursday** Pilates with Jo Boland 11.15 - 12.00pm
www.josclass.com
- Thursday** Chair Pilates with Jo Boland 12.15 - 13.00pm
www.josclass.com
- Thursday** Iyengar Yoga with Paula Savery 6.30pm - 7.30pm
www.wrenhall.org/paula-savery-iyengar-yoga/