

MSCC Hall- 141A Kitchener Road, Milford

WEEKLY SCHEDULE - EXERCISE CLASSES

	M	T	W	T	F
MORNING			9:00 - 10:00 Yoga 77 Jacqui	10:00 - 11:00 Tai Chi for Beginners Pauline 021- 02738463 11:30 to 12:30 ** Optimal Movement - Yulia	10:00 - 11:00 ** Fitsteps Helena 0220932623 11:30 to 12:30 Line Dancing - Agnesorsha3@ hanmail.net
AFTERNOON		1:00 - 2:00 Yoga 77 Jacqui 021-02245852 2:30 - 3:30 ** Optimal Movement Yulia 021-1033537	1:30 - 2:30 Tai Chi Sherie	1:00 - 2:00 Tai Chi & Qigong Pauline	1:00 - 2:00 Yoga 77 Jacqui
EVENING	6:30 - 7:30 Tai Chi & Qigong Sherie 021-536411	6:00 - 7:00 Yoga 77 Jacqui 7:15 - 8:15 Yoga 77 Jacqui			

** MSCC - Subsidised Classes

