

Monday		
Tadley Under 5's	8am to 3pm	www.facebook.com/TadleyPreschool
Home Educators Educating Together	9.30am to 2.30pm	https://www.heet.org.uk
Ali's Fitness Yoga	9am to 10am	alisfitnesspilates@icloud.com
Karen's Aerobics	10.15am to 11.15am	
Hatha Yoga – Maryrose	10am to 11am	
WG Pilates – Class for those with movement Challenges	1.45pm	www.facebook.com/wgpilates/
U3A Bridge	2pm to 5pm	https://u3asites.org.uk/tadley/home
Yoga with Sue Cordery	6pm and 7.15pm	suecordery@icloud.com www.facebook.com/SueCorderyYoga
Zumba with 4Fitsake	6.45pm	www.4-fitsake.com
Fitness Pilates with 4Fitsake	7.45pm	www.4-fitsake.com
Trigger Point Pilates with Ali Allaston	8pm to 9pm	alisfitnesspilates@icloud.com
Tuesday		
Tadley Under 5's	8am to 3pm	www.facebook.com/TadleyPreschool
Home Educators Educating Together	9.30am to 2.30pm	https://www.heet.org.uk
First Time Play	10am to 12pm	
Mini Professors	10.30am- 11.15am	www.miniprofessors.com
Table Tennis	2pm to 4pm	
U3A Circle Dancing	2.30pm to 4pm	www.u3asites.org.uk/tadley/home
Badminton	6pm to 7pm	
Legs Bums and Tums with 4Fitsake	7pm	www.4-fitsake.com
Fitness Yoga with 4Fitsake	8pm	www.4fitsake.com
Boogie Bounce	6pm and 7pm	www.facebook.com/boogiebouncetadley

Wednesday		
Tadley Under 5's Preschool	8am to 3pm	www.facebook.com/TadleyPreschool
Ali's Fitness Pilates	9.15am and 10.15am	alisfitnesspilates@icloud.com
Liz's Pilates for over 65 years	9.30am	
Liz's Pilates	10.30am	
Tadley Health Clinic – Baby Weighing	1 st and 4 th	Appt to be booked on EventBrite
Silver Surfers, learn to surf the web and more at your pace	1pm to 2.30pm	0118 9814538
U3A French	2pm to 3.15pm	
Fusion Dance	5.30pm to 9pm	Various classes 07711 303094
Clubbercise	6.30pm	katiebarrett22@hotmail.co.uk
Yoga with Sue	6pm, 7.15pm and 8.30pm	suecordery@icloud.com www.facebook.com/SueCorderyYoga
Boogie Bounce	7.45pm	www.facebook.com/boogiebouncetadley
Thursday		
Tadley Under 5's Preschool	8am to 3pm	www.facebook.com/TadleyPreschool
Low Impact Aerobics – Val Todd	9.30am	07799 658999
Sage Yoga with Maryrose	9.30am to 10.30am	
U3A Guitar (2 nd and 4 th Thurs)	10am to 12pm	www.u3asites.org.uk/tadley/home
U3A General Meeting (3 rd Thurs)	11am	www.u3asites.org.uk/tadley/home
Civil Service Retirement Fellowship (1 st Thurs)	1pm to 4pm	www.csrf.org.uk/tadley
U3A Spanish	1.30pm to 2.30pm	www.u3asites.org.uk/tadley/home
MF Martial Art–Mighty Matts(3-6 yrs)	4.45pm	www.mattfiddes.com
MF Martial Art-Family Class (7+yrs)	5.45pm	www.mattfiddes.com

Badminton	6pm	
Side By Side Dog Training	7.30pm	www.facebook.com/positivelyrewarding
Zumba with 4FitSake	7pm	www.4fitsake.com
Hiit with 4Fitsake	8pm	www.4fitsake.com
Friday		
Tadley Under 5's Preschool	8am to 3pm	www.facebook.com/TadleyPreschool
Buzz Coffee Shop	9am to 12pm	0118 9814538
Caterpillar Music	9.45am to 10.35am	07952 935021
WG Pilates	9am and 10am	www.facebook.com/wgpilates/
Cardiac Rehab	9.30am	
Short Mat Bowls	1.45pm	September to May
Saturday		
Lynden Dance Gymnastics	Juniors (3-5yrs) 8.45am to 9.45am Gym for all (6-12yrs) 9am to 10.30am	Lyndendance@aol.com
Weight Watchers	9am to 10am	www.weightwatchers.com/uk/
Cinema (1 st Saturday of the month)	7pm	
Sunday		
Two Birds Yoga	8.45am	www.twobirdsyoga.com/classes.php
Tadley Community Church	10am	
U3A Sunday Plus	1.30pm	www.u3asites.org.uk/tadley/home
Taste (church youth group)	6.30pm	