



# COSY HALL

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## REGULAR CLASSES AT COSY HALL - WINTER 2009/10

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Frequency</u>
MONDAY	Pilates	10.45 - 11.45	Weekly
	Drawing and Art	13.30 - 15.30	Weekly
	Guild of Silk Painters	18.45 - 20.45	3 <sup>rd</sup> Monday in month
	Yoga	19.15 - 20.30	Weekly
TUESDAY	Kick Boxing (Children)	16.45 - 18.00	Weekly
	Kick Boxing (Ladies)	18.00 - 18.45	Weekly
	Wine Appreciation (TCAT)	19.00 - 21.00	Weekly
	Beaumaris Singers	19.45 - 22.00	Weekly
WEDNESDAY	Pilates	19.15 - 20.15	Weekly
	Creative Writing (TCAT)	19.00 - 21.00	Weekly
	Aerobics	19.30 - 20.30	Weekly
THURSDAY	Yoga	10.15 - 11.45	Weekly
	Flower Arranging (TCAT)	13.45 - 15.45	Weekly
	Kick Boxing (Children)	16.45 - 18.00	Weekly
	Kick Boxing (Ladies)	18.00 - 18.45	Weekly
	Pilates	18.15 - 20.30	Weekly
FRIDAY	French	10.00 - 12.00	Weekly
	French	13.30 - 15.30	Weekly
SATURDAY	Stage School (Drama)	09.30 - 14.00	Weekly
SUNDAY	Newport Christian Fellowship	10.30 - 13.00	Weekly

*Please note that these details are subject to change and are supplied by Cosy Hall for information only*

TCAT - Telford College of Arts and Technology - Contact Community Education - 01952 642338 - [www.tcat.ac.uk](http://www.tcat.ac.uk)

For other class information see the notice boards or contact Cosy Hall.

Cosy Hall is a Registered charity (No: 514505)

Honorary President: Mrs. Susan Miles MBE