Monday to Friday Tadley Under 5’s Preschool 9am to 3pm

Monday

Hampshire Home Educators (at The Point) 9am to 3.30pm

Ali’s Fitness Yoga 9.15am to 10.15am [alisfitnesspilates@icloud.com](mailto:alisfitnesspilates@icloud.com)

Karen’s Aerobics 10am to 11am

Hatha Yoga - Maryrose 10am to 11am

Stages Not Ages 12.30pm to 1.30pm

Cheeky Cherubs, toddler group 1.15pm to 2.45pm

WG Pilates - class for those with movement challenges 1.45pm

U3A Bridge 2pm to 5pm

Suzie’s Pilates 4.30pm to 5.30pm

Yoga - Sue Cordery (at The Point) 6pm & 7.15pm [suecordery@icloud.com](mailto:suecordery@icloud.com)

Zumba with 4FitSae 6.45pm <https://www.4-fitsake.com>

Fitness Pilates with 4FitSake 7.45pm <https://www.4-fitsake.com>

Tuesdays

Little Squigglers Messy Play 9.30am to 11.30am https://www.facebook.com/groups/743489889154437/

Table Tennis 2pm to 4pm

U3A Circle Dancing (2nd & 4th Tuesday) 2.30pm to 4pm

Badminton 6pm

Hatha Yoga - Maryrose 6.30pm to 7.30pm

Legs Bums and Tums with 4FitSake 7pm

Boogie Bounce 6pm and 7pm https://www.facebook.com/boogiebouncetadley/

Fitness Yoga with 4FitSake 7pm

Hypo-Tone fHiiT 8.15pm

Wednesday

Rock Fitness 9.15am

Liz’s Pilates 10.30am [elizabethwilliams2010@live.co.uk](mailto:elizabethwilliams2010@live.co.uk)

Cheeky Chimps, toddler group 9.30am to 11.30am

Ali’s Fitness Pilates (at The Point) 9.15am and 10.15am [alisfitnesspilates@icloud.com](mailto:alisfitnesspilates@icloud.com)

Baby Clinic (every other week from March) 1.30pm

Silver Surfers Cyber Net Cafe 1pm

U3A French 2pm to 3.15pm

Fusion Dance (Ballet, Street - Junior & Teens) Various 07711 303094 https://fusiondanceacademies.com

Clubbercise 6.30pm

Yoga - Sue Corder (at The Point) 7pm and 8.15pm

Boogie Bounce 7.45pm https://www.facebook.com/boogiebouncetadley/

Wing Chung - Kung Fu 7.30pm

Thursday

Tot Cross Buns 9.45am and 11.15am 07799 658999 http://totcrossbuns.co.uk

Low Impact Aerobics 9.30am 07917 414850

Sage Yoga 9.30am to 10.30am 0118 9306129

U3A Guitar (2nd & 4th Thursday at The Point) 10am

U3A General Meeting (3rd Thursday) 11am

Civil Service Retirement Fellowship (1st Thursday) 1.30pm

U3A Spanish 1.30pm to 2.30pm

Look Who’s Cooking 4pm to 5pm

Badminton 6pm

Zumba with 4FitSake 7pm <https://www.4-fitsake.com>

Hiit with 4FitSake 8pm <https://www.4-fitsake.com>

Friday

Buzz Coffee Shop at The Point 9am to 12pm

Rock Fitness 9.15am

Caterpillar Music 9.45am and 10.35am 07952 935021 <https://www.facebook.com/CaterpillarMusicBasingstoke/>

WG Pilates 9am and 10am

Cardiac Rehab 9.30am

Short Mat Bowls (September to May) 1.45pm

Saturday

Mixed Motion (Street, Tap, Jazz & Contemporary) Various 07766 167778 <https://www.facebook.com/Mixed-Motion-302977833117042/>

Weight Watchers (at The Point) 9.30am <https://www.facebook.com/WWThePointTadley>

Cinema (first Saturday) 7pm

Sunday

Tadley Community Church 10am

Yoga - Sue Corder (at The Point) 9am and 10.15am https://www.facebook.com/SueCorderyYoga/

Taste (Church Youth Group) 6.30pm