



WHAT'S ON AT OLD SCHOOL

254 Lymington Road, Highcliffe BH23 5ET

Monday	10.00-11.00 am	Pilates supple strength	Jo Stephens Fitness 07903 182714 jo@jostephensfitness.co.uk
Tuesday	9.30 am – 12.30 pm	Men's Shed	Robin Heels 07547 922246 or just drop in
	NEW from 13 Feb 24 11.00 am – 11.45	Slimfit -Fitness Fusion – cardio/tone	Kirsty Ede 07779 021729 kirsty@slimfitcoach.co.uk
	5.00 & 6.30 pm	Slimming World	Suzanne Warner 07824 888483
Wednesday	9.50 -10.50 am	Exercise class suitable for all ages and abilities	Mel Rayner 07966 571938 www.melsfitnessfusion.co.uk
	9.30 am – 12.30 pm	Men's Shed	Robin Heels 07547 922246 or just drop in
	NEW from 14 Feb 24 2.00 -2.50 pm	Slimfit -Fitness Pilates	Kirsty Ede 07779 021729 kirsty@slimfitcoach.co.uk
Thursday	NEW from 25 Jan 24 9.30 am -10.30 am	Sculpt Fitness	Jo Stephens Fitness 07903 182714 jo@jostephensfitness.co.uk
	9.30 am – 12.30 pm	Men's Shed	Robin Heels 07547922246 or just drop in
	NEW from 11 Jan 24 12.00 – 13.00 pm	Ab's Fitness and PT (seated exercise)	Abi Boyce 07562 343255 abiboyce1@icloud.com
	2.00 pm -3.00 pm	Chair Yoga	Gill Taylor 07538 801733 gilltaylor1@yahoo.co.uk
Friday	9.15 – 11.15 am (Term Time Only)	Highcliffe Toddler Group	Free Drop In

Are you are looking for space to run your class or group in Highcliffe or a place to meet?

For availability and hire charges go to our website: <https://highclifferesidents.co.uk/hall>

or email us on: bookings@highclifferesidents.co.uk