

Regular Events at Sheringham Community Centre (February 2017 Update)

Weekly						
Day	Event	Times	Contact	Room	Email	Website
Monday	Yoga	9:15 - 10:15	Beth Lea 07393 177099	Rm 5&6	beth@beth-lea-elements.uk	beth-lea-elements.uk
Monday	Pilates	10.45 - 11.45	Beth Lea 07393 177099	Rm 5&6	beth@beth-lea-elements.uk	beth-lea-elements.uk
Monday	Short Mat Bowls	10.00 - 12.00 noon		Main Hall		
Monday	Yoga	5.00 - 6.30 pm	Beth Lea 0739 3177099	Main Hall	beth@beth-lea-elements.uk	beth-lea-elements.uk
Monday	Pilates	7.00 - 8.00 pm	Beth Lea 0739 3177099	Main Hall	beth@beth-lea-elements.uk	beth-lea-elements.uk
Monday	Drop In Meditation	7.00 - 8.00 pm	Helen Duncan 07786 514454	Room 2	helencrash@hotmail.co.uk	
Tuesday	Fitness/Weight Management	9.15 - 11.15	Marie Harris 0755 7 477713	Main Hall	info@marieharrisfitness.com	marieharrisfitness.com
Tuesday	Zumba Gold	11:30 - 12:30	Fiona Riley 0777 1650929	Main Hall	taxi@norfolkfabs.com	
Tuesday	Zumba	1:15 - 2:15	Marie Harris 0755 7477713	Main Hall	info@marieharrisfitness.com	marieharrisfitness.com
Tuesday	Ballroom & Latin (Beginners)	6:00 - 7:00pm	Yvonne Sidebotham 07962 778778	Main Hall	thelaneschoolofdance@yahoo.co.uk	thelaneschoolofdance.co.uk
Tuesday	Ballroom(Improvers)	7:15 -8:15pm	Yvonne Sidebotham 07962 778778	Main Hall	thelaneschoolofdance@yahoo.co.uk	thelaneschoolofdance.co.uk
Tuesday	Ballroom(Beginners)	8:30 - 9:30pm	Yvonne Sidebotham 07962 778778	Main Hall	thelaneschoolofdance@yahoo.co.uk	thelaneschoolofdance.co.uk
Wednesday	Weight Watchers	9:45 - 11:45	Lucy Conroy 01692 536478	Main Hall	lconroy@weightwatchers.co.uk	weightwatcherslocal.co.uk
Wednesday	Totally Shredded D&B Workout	5:00 -6:00pm	Garry Thompson 01263 825766	Main Hall	garry.thompson85@googlemail.com	weightwatcherslocal.co.uk
Wednesday	Yoga	7:00 - 8:00pm	Wyn Nurse 01263 825095	Main Hall	edwina.nurse@btinternet.com	
Wednesday	Dance - Lindy Hop & Swing	8:30 - 10:30pm	Steve Kennedy 07710 205557	Main Hall	salsaalegria@yahoo.co.uk	dancealegria.co.uk
Thursday	Pilates	9:30 - 10:30	Beth Lea 07393177099	Rm 5&6	beth@beth-lea-elements.uk	beth-lea-elements.uk
Thursday	Yoga	10:45 - 11:45	Beth Lea 07393177099	Rm 5@6	beth@beth-lea-elements.uk	beth-lea-elements.uk
Thursday	Pilates	11:45 - 12:45	Beth Lea 07393177099	Rm 5@6	beth@beth-lea-elements.uk	beth-lea-elements.uk
Thursday	Norfolk Knitters & Stitchers	4:00 - 6:00pm	Linda Brown 07884 295905	Rm 5&6		
Thursday	Zumba	6:30 - 7:30pm	Wyn Nurse 01263 825095	Main Hall	edwina.nurse@btinternet.com	
Friday	Life Drawing	7:00 - 9:00pm	Peter Kavanagh 07860 568874	Room 6	petetekavana@aol.com	nudepics.me.uk
Friday	Fitness League	11:30 -12:30	Annamarie 01263 511169	Main Hall	mumfour@msn.com	daytimefitnessclasses.co.uk
Friday	Youth Zone	6:00 - 8:00pm	Julia Chalmers 07772 737862	Main Hall	jchalmers6@aol.com	
Saturday	Totally Shredded D&B Workout	10:00 - 11:00	Emma Taylor 07502300232	Main Hall	emstaylor30@hotmail.com	

Monthly						
Day	Event	Times	Contact	Room	Email	Website
2nd Monday	WI Sheringham	6.15 - 9.30 pm	Liz Withington 07905 292897	Rm 5&6		
Mon & Wed (Varied)	MS Society North Norfolk	Varied	Jeanne Norman 07713 516599	Rm 2		
1st & 3rd Wednesday	Stitch Together	9.30 - 3.30 pm	Maureen McCoy 01263 825139	Rm 4	info@stitch2gether.co.uk	stitch2gether.co.uk
4th Wednesday	U3A Art Appreciation	10:00 - 12:00	Nicky Diggle 01263 825696	Rms 5&6		northnorfolku3a.org.uk
1st Thursday	Good Hope Club	7pm - 9.30pm		Rms 5&6		
Last Thursday	MS Society North Norfolk	10.00 - 12.00 pm	Jeanette Collins 01263 579453	Rm 4, 5&6		
1st Friday	Knitters and Stitchers	9.00 - 1.00 pm	Linda Brown 07884 295905	Rm 5&6		
1st Friday	Breathe Easy	1.15 - 3.45 pm	Norman Barnes 01263 826939	Rm 5&6	mandy.beresford@nchc.nhs.uk	
4th Friday	U3A Genealogy Group	10.00 - 12.00 pm	Margaret Hayday 01328 855180	Rm 5		northnorfolku3a.org.uk
Last Saturday	Ballroom Dance	7:30 - 11:00pm	Yvonne Sidebotham 07962 778778	Main Hall	thelaneschoolofdance@yahoo.co.uk	thelaneschoolofdance.co.uk
Various	Police Surgery	Varied	See Notice Boards For Dates & Times	Reception	SNTsheringham@norfolkpolice.pnn.uk	

Bi-Monthly						
Day	Event	Times	Contact	Room	Email	Website
Tuesday	University of the 3rd Age (U3A)	Varied	Peggy Williams	Rm 5&6	peggywilliams2812@gmail.com	northnorfolku3a.org.uk

If you would like to enquire about booking a regular or non-regular event then please speak to the staff on duty or telephone us on 01263 822150 or email shercommunity@btconnect.com - We look forward to welcoming you.