The time of the class is 10.00am to 11.00am. You need to get to the hall about 10 minutes beforehand. The price is £5 ppn. At the moment we have between 12 & 15 people attending. If we can get up to a regular 20 people plus then the cost ppn could come down. After a trial period of 3 months, we will discuss the future. Both Men and Women are welcome to join in. Don't be shy give it a go.

At 11.00am there is a tea/coffee break at 50p per cup including a biscuit.

If you have any questions, please contact Linda Verge on 708445 or message me on 07811 233939 or email me at vergedv@aol.com and I will do my very best to help you.



