

ACTIVITIES AT THE MANOR HOUSE & RIVERSIDE CENTRE

SUMMER 2019

M O N	MANOR HOUSE		
	QIGONG (Karen)	10.00 – 11:00	
	PROBUS CLUB (Jan-April, Oct-Dec)	9:45 – 11.45	
	DAWLISH U3A (monthly)	10:00 – 12:00	
	FLEXERCISE (Emily)	2:00 – 3:00	
	FLEXERCISE (Emily)	2:00 – 3:00	
	DAWLISH LADIES GUILD (monthly)	2:00 – 3:00	
	KUMON EDUCATIONAL	4:30 – 5:30	
	PILATES (Beth)	5:00 – 6:00	
	YOGA (Phil)	6:30 – 8:00	
	FLEXERCISE (Emily)	6:30 – 7:30	
	DAWLISH CHORAL SOCIETY	7:45 – 9:15	
	RIVERSIDE		
	CHEEKY MONKEYS (SG DANCE & FITNESS)	9:15 – 9:45	
	MAMA & ME AEROBICS (SG DANCE & FITNESS)	10:00 – 11.00	
	WESTERN LINE DANCE (SG DANCE & FITNESS)	11.30 – 12.30	
	INSPIRE DANCE & FITNESS (Jennie)	4:30 – 6:30	
	PILATES (Beth)	7:15 – 8:15	
	T U E	MANOR HOUSE	
FLEXERCISE (Emily)		9:30 – 10:30	
YOGA (Lisa) (2 sessions)		9:30 – 12:45	
DAWLISH LOCAL HISTORY GROUP (monthly)		2:30 – 4:00	
DAWLISH WI – CRAFT GROUP (fortnightly)		2:00 – 4:00	
RAILWAY CLUB		2:00 – 4:00	
TAI CHI (Alda)		6:00 – 7:00	
PILATES (Beth)		7:00 – 8:00	
GUIDING LIGHT (fortnightly)		7:00 – 9:00	
DAWLISH WI (monthly)		7:15 – 9:15	
DAWLISH WIVES (fortnightly)		7:30 – 9:30	
RIVERSIDE			
PILATES (Beth)		9:30 – 10:45	
YOGA (Lisa)		2:00 – 3:00	
ZUMBA (Rachel) – does not run through August		6:30 – 7:30	
W E D		MANOR HOUSE	
		PILATES (Beth)	9:30 – 10:30
		YOGA (Phil)	10:00 – 11:30
		SPANISH TUITION (Daniela)	10:30 – 11:30
	BRIDGE GROUP	2:00 – 5:00	
	KUMON EDUCATIONAL	4:00 – 5:30	
	FITSTEPS (Carole-Anne)	5:30 – 6:30	

	STAMP CLUB (monthly)		7:00 – 9:00
	RIVERSIDE		
	ZUMBA GOLD (Emma)		11:00 – 12:00
T H U R	MANOR HOUSE		
	DAWLISH PAINTERS		9:30 – 12:00
	DEVON VIOLETS BOOK CLUB (monthly) – not August		10:00 – 12:00
	TAI CHI (Mick) – not August		12:45 – 1:45
	INSPIRE DANCE & FITNESS (Jennie)		4:00 – 8:00
	PILATES (Beth)		5:30 – 6:30
	YOGA (Sharon) – not August		7:00 – 8:30
	RAILWAY CLUB		7:00 – 9:00
	DAWLISH GARDEN SOCIETY (monthly)		6:30 – 9:00
	RIVERSIDE		
	DAWLISH LADIES GUILD (monthly)		1:30 – 4:00
	F R I	MANOR HOUSE	
DAWLISH HOME AID – Charity Coffee Morning (bi-monthly)			9:30 – 12:30
NAIL CLINIC – ASSIST TEIGNBRIDGE (bi-monthly)			9:30 – 1:00
AA			7:00 – 9:00
RIVERSIDE			
S A T	CYGNETS		9:45 – 11.45
	INSPIRE DANCE & FITNESS (Jennie)		4:00 – 6:00
	RIVERSIDE		
S U N	INSPIRE DANCE & FITNESS (Jennie)		8:45 – 12:30
	MANOR HOUSE		
	OVEREATERS ANONYMOUS		10:00 – 11:00
	CHURCH OF CHRIST		10:00 – 11:30
	SING ALONG (monthly)		2:30 – 4:00
LAUGHTER YOGA		7.30 – 9.00	
CITIZENS ADVICE			
Tues:		Drop In	9:30 – 12:30
Wed & Fri:		Appointment Only	

Additional groups may be running at other times – for further information or more details, as well as how to book a room, please call 01626 863388 or email admin@dawlish.gov.uk