

What's On

July 2024

Your monthly round up of what's
on at Ingatestone Community Centre



WED 03	2PM	Fryerning WI Fundraising Bring and Buy sale with strawberry afternoon tea Contact 01245 382233
THUR 04	7AM - 10PM	General Election Polling Station Remember to bring photo ID
SAT 06	7:30PM	Triple Fuse present "A Night at the Musicals" Contact 01277 352064 / welcome@ifcc.org.uk
SUN 07	2PM	Funky Voices Choir www.classicalvoiceschoir.com Contact 07834 765473
THUR 11	2PM	IFCA Bingo £8 IFCA Members / £10 Non-Members Contact 01277 352064 / welcome@ifcc.org.uk
THUR 11	7.30PM - 9PM	Sound Bath Hypnosis For more information contact www.the-wellproject.co.uk/soundxhypnosis
WED 17	7PM	The Arts Society. Speaker: Joanna Banham "William Morris at Home" Contact 01277 356634 / www.tasbd.org.uk
THUR 18	2:30PM Doors 2PM	Ingatestone Community Cinema Cinema Paradiso Contact 01277 352064 / welcome@ifcc.org.uk

Weekly Classes & Events

MON 10-11AM	Zumba Contact 07802443018
MON 6 - 6.45PM	Power Hoop Contact 07855 023279
MON 7 - 8 PM	Aerobics Contact 07935 232495
TUES 10-12NOON	Coffee Morning 01277 352064 / welcome@ifcc.org.uk
WEDS 10AM-12.15PM	Seated Yoga Contact - samgolden yoga@btinternet.com
WEDS 7 - 8 PM	Aerobics (no class 17th) Contact 07935 232495
THURS 12 - 1.30PM	Over 60's Lunch - Two courses £10 01277 352064
FRI 9.45-10.45AM	Pilates www.simplypowerpilates.co.uk / 07861 711678
FRI 12.45-2.45PM	The Sound Collective www.thesoundcollective.co.uk / 07889 248620
SAT 09.30AM - 1PM	The Dance Co. Inclusive dance school for ages 4 - 16+ www.thedance-co.co.uk / 07534 997323