

Regular classes and events

To find out more please contact the event
organiser directly



MONDAYS

10-11AM	Zumba	Jan Calvert 07802 443018	
6-6.45pm	Powerhoops	Jess Harding 07746 082182	
7-8pm	Aerobics	Pat Cotter 07935232495	
7-11pm	World Ships Society	Ian Wells 01708 450128	First Monday of the month



TUESDAYS

10-12noon	IFCA Coffee Morning	01277 352064	
5.15- 6.15pm	LC Dance School of Performing Arts	www.lcdance.co.uk	Term time only
7- 11pm	Ingatestone Musical & Operetta Group (IMOG)	www.imog.org.uk	September to March
7- 11pm	Ingatestone Angling Club	John Bassom 01277 354855	First Tuesday of the month



WEDNESDAYS

10am - 12:15pm	Seated Yoga	samgoldenyoga@btinternet.com	
1-5pm	Fryerning WI	Vanessa Diebelius 01277 355210	First Wednesday of the month
7-30 - 9pm	The Arts Society, Brentwood District.	www.tasbd.org.uk	Third Wednesday of the month



THURSDAYS

12 - 2pm	Over 60's lunch	01277 352064	2 courses with tea / coffee £15
2.30pm	BINGO	01277 352064	£8 Members / £10 Non-members
2.30pm	Ingatestone Community Cinema	01277 352064	£5 Members / £7 Non- members
7 - 11pm	Ingatestone Musical & Operetta Group (IMOG)	www.imog.org.uk	September to March



FRIDAYS

9.30 - 10.30am	Pilates	www.simplypowerpilates.co.uk	
12.45 - 2.45pm	The Sound Collective Choir	www.thesoundcollective.co.uk	



SATURDAYS

9am - 1pm	LC Dance School of Performing Arts	www.lcdance.co.uk	Term time only
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SUNDAYS

9am - 1pm	Young Expressions	www.young-expressions.org	
2 - 4.30pm	Funky Voices Choir	www.classicalvoiceschoir.com	Second Sunday of the month

Get Active. Get Involved. Be Part of Our Community!