

TYDU COMMUNITY HALL

WELFARE GROUNDS, TREGWILYM ROAD, ROGERSTONE, NEWPORT, NP10 9EQ
ROGERSTONECC@GMAIL.COM WWW.ROGERSTONECOMMUNITYCOUNCIL.COM

PILATES

ON MONDAY MORNING 9.30am – 10.15pm

Telephone Lucy Cummings: 07510 055 928

Email: lucy.phillips91@hotmail.co.uk

Website: Facebook: @Yoga with Lucy / @Yoga and Personal Training with Lucy £6.50/ under 16's can join classes for £5

Classes are inclusive and there is something for everyone, all abilities are welcome, whether you are a complete beginner or experienced

MUM & BABY YOGA

ON MONDAY MORNING 10.30am – 11.20pm

Contact Lucy – details above.

Block booking or £8.00 drop in.

ROGERSTONE COMMUNITY SINGING GROUP

ON MONDAY EVENING 7.15-8.45PM

In the 'room' at Tydu Community Hall; everyone is welcome, just turn up or contact John Reynolds on - 07468 985541 £2 charge to cover costs.

LAO DANCE CLASS

ON MONDAY AFTERNOON/EVENING 5-6PM

@lao.dance <https://www.facebook.com/laodancepublic/>

Ages 3+ Get fit have fun and make new friends. Learn new styles of dance including disco, freestyle, lyrical and many more. Everyone welcome contact Tyler for information Telephone 07969174425 £5

PILATES

ON TUESDAY MORNINGS 10AM

Website: <https://www.facebook.com/Pilateswithruth/>

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Contact Ruth for more details on 07786627335.

Fancy joining a fun and friendly Pilates class? Join us every Tuesday at 10am. Suitable for beginners & open to both men & women. Pilates is great for: improving posture/ strengthening muscles/ lowering blood pressure/ relieving stress/ improving sleep.

ART OF COMBAT

ON TUESDAY & THURSDAY EVENINGS 5.30-8.30pm

Telephone Chris Thomas: 07891054890

Email: info@artofcombatmartialarts.com

Website: <https://www.artofcombatmartialarts.com/rogerstone/>

TINY TOES BALLET

ON WEDNESDAY MORNINGS 9.15/10.15/11am

Telephone: 07763232762 Learning through dance 6 months -7 years

Website: www.tinytoesballet.co.uk 01792348243

SLIMMING WORLD

ON WEDNESDAY EVENINGS 5.30pm & 7pm

Telephone Perry: 07470 120293

<https://www.slimmingworld.co.uk/group/363801>

ART GROUP

ON THURSDAY AFTERNOONS 1-4pm

Contact –paupri@gmail.com or hedwards43@googlemail.com

LA LECHE LEAGUE OF NEWPORT

1ST & 3RD FRIDAY MORNINGS

If you would like to come to a meeting, or if you have any questions about the group or about breast feeding, call one of the group leaders Katrina 01633 669260 Jayne 01633 897670

CHILDREN'S BALLET WALES

FRIDAY AFTERNOONS/EVENINGS 4-6.30pm

PRE-PRIMARY (3+) 16:00 - 16:30/ PRIMARY (5+) 16:30 - 17:00/ STANDARD 1 (6+) 17.00 - 17.45/ GRADE 1 (8+) 17:45 - 18:30

Our classes are built around fun and imagination. Giving every child the chance to grow in confidence, whilst learning the wonderful art form of Ballet

Telephone Miss Natalie: 07722731324

natalie@childrensballetwales.com

Website: <https://www.childrensballetwales.com/>

**NOT ALL CLASSES/GROUPS RUN THROUGH SCHOOL HOLIDAYS ETC.
PLEASE CONTACT THEM DIRECTLY BEFORE TURNING UP.**