

Activities at Galleywood Heritage Centre

Activity	Days	Times	Contact details
Baby Ballet	Tuesdays	9:30 am - 12:30 pm	Laura Watkins 07534 260067 chelmsford@babyballet.co.uk
Baddow Camera Club	Tuesdays (selected months)	7:30 pm - 10:00 pm	Paul Hudson 07506 711027 p.g.hudson@live.co.uk
Ballet Classes	Thursdays	4:15pm - 8:00 pm	Beverley Lott 07921 160586 beverlylott@hotmail.com
Bliss Mindfulness Classes	Mondays	10:00 am -11:00 am	Victoria Hornsby 07712 299408 blissmindfulnesscoaching@gmail.com
Dance Chelmsford UK	Mondays	8:15 pm - 9:15 pm	Jennifer Rumble 07834 206588 jen@dancechelmsforduk.co.uk
Dolls House Club	Tuesday (last in Month)	7:30 pm - 9:30 pm	Mrs Macro, 'Sunny Side', Vicarage Road, Rowell, Chelmsford CM1 4NB
Essex Society for Family History	Saturdays (3rd in Month)	10:30 am - 4:00 pm	Paul Stirling 01206 824004 paul.stirland@mypostoffice.co.uk
Fitness Classes	Thursdays	9:05 am - 10:05 am	Caroline Green 07796 257994 carolinemeaston@gmail.com

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French Classes	Tuesdays & Fridays	9:30 am - 11:30 am	Jane Adams 01245 355448 janeadam7@btinternet.com
German Classes	Mondays & Thursdays (Term Time)	7:30 pm - 9:30 pm	Denise Peacock 01245 260497 denisepeacock@btinternet.com
Gracie Ju Jitsu for kids	Tuesdays	5:00 pm - 7:00 pm	Peter Squires 07818 221788 essexpt1979@gmail.com
Heritage Patchwork & Quilting	Mondays	9.30 am -12.30 pm	Margaret Shears 01245 260312 marg.shears@blueyonder.co.uk
Inland Waterways Association	Thursdays (2nd in Month)	7:30 pm - 10:00 pm	Rebecca Loader 01621 332619 rebecca.loader57@gmail.com
Lingotot - French classes for kids	Fridays	1:00 pm - 2:00 pm	Gemma Mark 01277 259071 or 07930 957984 brentwood@lingtot.com
Low Impact Aerobics	Mondays	6:30 pm - 7:30pm	Deborah Roberson 01245 476837 deborah.roberson@virgin.net
Low Impact Aerobics	Thursdays	10:15 am - 11:15 am & 6:30 pm - 7:30 pm	Deborah Roberson 01245 476837 deborah.roberson@virgin.net
Meditation Group	Thursdays (fortnightly)	2:00 pm- 4:00 pm	Kim Brunning 01245 477136 or 07773 155027 brunningkim@btinternet.com

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Music Group	Wednesdays (fortnightly)	7:15 pm - 9:15 pm	Roger Montgomery 07773 155981 rogermontgomery@hotmail.co.uk
Rainbow Pre-School	Mondays, Wednesdays & Fridays (Term Time)	9:30 am - 2:30 pm-	Maureen Lee 01245 476958 maureenlee123@hotmail.com
Respiratory Exercises	Tuesdays	1:30 pm - 2:30 pm	Dee Potter 01245 602334 deejas@blueyonder.co.uk
The Big Sing	Thursdays	4:30 pm - 5:30 pm	Bernie Dawson 07973 750738 bernie@big-sing.com
U3A Camera Group	Mondays (2nd in Month)	1:45 pm - 4:15 pm	Mike Bacon 01245 468161 or 07779 588899 bacmike@googlemail.com
Yoga	Wednesdays	10:00 am - Noon	Nikki Hollas 01245 493084 njhollas@gmail.com
Yoga	Mondays	6:30pm - 8:00 pm	Paul Brown 01621 893117 paulbrownnyoga@hotmail.co.uk
Yoga	Thursdays	7:45 pm - 8:45 pm	Jane Oliver 07788 547740 fram6@me.com
Zumba Classes	Wednesdays	7:30 pm - 8:30 pm	Kelly Beardmore 07985 592309 kdbeardmore@gmail.com

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