

Mycenae House Regular Programme (April 2017) Please call number listed to check info before attending

Monday

Local History Group	10am	020 8313 3384
Postural Yoga	10am	020 8858 1991
Diddi Dance	10 & 11am	07973 982 790
Pilates with Hilary	2pm	07970 290 818
Mycenae Bingo Club	2pm	020 8858 4672
Drama Class for 8-11yrs	3.45pm	07910 696 174
Irish Dancing	4.30pm	07775 943 723
Force 5 Taekwondo	5.40pm	07944 617 160
Woodcraft Folk	6pm	020 8851 7591
Blackheath Bridge Club	7.15pm	020 8319 1312
Iyengar Yoga	7.45pm	020 8690 3818
Innerstillness Yoga	7.45pm	07962 470 611
Mindfulness	8pm	07900 885 035
National Childbirth Trust	call for details	020 8319 8555
Blackheath Centre for Singing	call for details	07986 582 844

Tuesday

Ballroom Burn	10.30am	07711 255 932
Baby Picassos - kids art	10am	07877 438 536
Botanical Art Class	10am	020 8856 3815
Colourstrings Music (0-3)	10am	07791 863 618
Ballet Stretch	11.30am	020 8265 4634
Short Mat Bowls	2pm	020 8858 4752
Colourstrings Music (3+)	2pm	07791 863 618
Capoeira for kids	3.30+4pm	07841 342 874
Mini Picassos - kids art	4pm	07877 438 536
Booster Classes	4pm	07920 762 748
Swing Train dance fitness	6.30pm	07415 625 259
Wutan Tai Chi Club	7.30pm	07909 693 152
Blackheath Centre for Singing - Jazz	8pm	07986 582 844
Tai Jutsu (Bujinkan) Club	8pm	07779 247 920
Iyengar Yoga	8pm	020 8690 3818
Blackheath Wine Club	call for details	07802 183 638
Capital Theatre Co	call for details	020 8852 3258
Force 5 Taekwondo	call for details	07944 617 160
Baby Massage	call for details	07849 412 539

Wednesday

Iyengar Yoga with Priscila	9.30am	07947 124 252
Diddi Dance	10 & 11am	07973 982 790
French for Fun (adults)	10.30am	07951 543 470
Stay & Play with BoPeeps	1pm	07935 373 239
My Fit Mama fitness class	1pm	020 8123 6826
Blackheath Bridge Club	1.15pm	020 8319 1312
Mandy Brown Pilates(50+)	2.30pm	020 8244 3198
Tiptoes & Tappers	4pm	07900 242 161
French for Fun (children)	4pm	07951 543 470
The Eagles- Karate (kids)	5pm	020 8291 6603
Postural Yoga	7pm	020 8858 1991
Italian for Fun (beginner)	7pm	0791 880 7303
Mandy Brown Pilates	7 + 8pm	020 8244 3198
Writing for Wellbeing	7.30pm	07962 470 611
Insanity Live HIIT	7.45pm	07805 332 991
Aikido	8pm	07985 124 166
Citizens of the World Refugee Choir	call for details	07920 263 465
Miss Libby Rose Sewing	call for details	07960 761 566
Blackheath Centre for Singing	call for details	07986 582 844

Thursday

Yoga with Rosana	9am	07717 621 715
Invicta Children's Centre	10am	020 8293 5037
Sing and Sign	10 & 11am	07826 412 373
Councillors Surgery	(1st) 10am	020 8856 1058
Dance into Retirement	(1st/3rd) 1.45pm	020 8551 4272
Pilates with Hilary	2pm	07970 290 818
Bach to Baby concert	(2nd) 4pm	020 8858 1749
Street Dance (children)	4+5pm	07507 847 748
Italian for Fun (intermdt)	7pm	0791 880 7303
Blackheath Bridge Club	7.15pm	020 8319 1312
Aikido	7.15pm	07985 124 166
Ferrier Operatic Society	7.30pm	07957 626 189
Insanity Live HIIT	7.45pm	07805 332 991
Tai Jutsu (Bujinkan) Club	8pm	07779 247 920
Greenwich Morris Men	8pm	020 8857 2528
Capital Theatre Co	call for details	020 8852 3258

Friday

Tiptoes & Tappers	9.30am	07900 242 161
Iyengar Yoga	10am	020 8690 3818
Family Yoga	10am	020 8853 5944
Russian Nursery	10.30am	01322 330 090
Postnatal Mum & Baby Yoga	11am	020 8853 5944
Dance for Over 50's	11am	07709 952 215
Stay & Play with BoPeeps	1pm	07935 373 239
Tiptoes & Tappers	1pm	07900 242 161
Baby Sensory	1.15+ 2pm	07952 579 044
Flower Arrangement Soc.	(3rd) 1.45pm	020 8857 1355
Senior Citizens Club	(2nd & 4th) 2pm	020 8858 1749
Children's Yoga	3.45pm	07717 621 715
Just Kidz Drama Club	4pm	07961 129 018
The Eagles- Karate (kids)	5pm	020 8291 6603
B/heath Scientific Society	(3rd) 7.45pm	020 8854 3389
JazzNights - Live Jazz	(2nd) 8pm	01689 875 683
Blackheath Wine Club	call for details	07802 183 638

Saturday

Tiptoes & Tappers	9am	07900 242 161
Aikido	10am	07985 124 166
Theatretrain Greenwich	10am	07977 582 456
Weight Watchers	10.30am	07946 464 508
Theatretrain Minis	12pm	07977 582 456
Yoga with Carol	3.30pm	020 8858 6882
Follies Face & Body Art	call for details	07796 695 906