

Mycenae House Regular Programme (February 2020) *Please call number listed to check info before attending*

Monday

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Barre Concept	9.30am	07769 942 869
Local History Group	10am	020 8313 3384
Postural Yoga	10am	020 8858 1991
Didi Dance	10 & 11am	07973 982 790
Phonics Stars	11am	07957 652 380
Tai Chi	12pm	07507 475 493
Carers Hub - advice	12pm	020 8858 1749
Body Control Pilates	1.30pm	07919 496 934
Mycenae Bingo Club	2pm	020 8858 4672
Drama Class for 8-11yrs	3.45pm	07910 696 174
JK Performing Arts	4pm	07961 129 018
Irish Dancing	4.30pm	07775 943 723
Force 5 Taekwondo	5.40pm	07585 334 284
Woodcraft Folk	6.30pm	020 8851 7591
Junior Chess Coaching	6.30pm	020 8850 7866
Charlton Chess Club	7pm	020 8850 7866
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		020 8319 8555
Blackheath Centre for Singing		07986 582 844

Thursday

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Iyengar Yoga with Rosana	9am	07717 621 715
Toddler Sense	10+11am	07715 305 471
Early Years Music with Greenwich M	9.30 + 10.30am	020 8305 1286
Drop In Cafe for Seniors	1-4pm	020 8858 1749
Children's Yoga	2pm	07717 621 715
Drama Class for 8-11yrs	3.45pm	07910 696 174
Booster Classes	4pm	07920 762 748
Bach to Baby concert	(2nd) 4pm	bachtobaby.com
Life Drawing	7pm	07435 569 963
Blackheath Bridge Club	7.15pm	020 8319 1312
Aikido	7.15pm	07890 672 980
Ferrier Operatic Society	7.30pm	07957 626 189
Tai Jutsu (Bujinkan) Club	8pm	07779 247 920
Greenwich Morris Men	8pm	01322 515 450
Capital Theatre Co		020 8852 3258
The Seasons Art Class		020 8311 3185

Tuesday

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Botanical Art Class	10am	020 8858 3051
Ballroom Burn	10.30am	07711 255 932
Disability Sports Club	12pm	020 8858 1749
Short Mat Bowls	2pm	020 8858 4752
Capoeira for kids	3.30+4pm	07841 342 874
Children's Choir	4pm	07986 582 844
Rhythmic Gymnastics	5pm	01322 330 090
Capoeira for adults	5pm	07841 342 874
Italian for Fun	7 + 8pm	07812 081 360
Ukulele for Adults (Beg)	7pm	07786 263 012
Music Appreciation Club	(last) 7pm	020 8858 1749
Wutan Tai Chi Club	7.30pm	07909 693 152
Bridge Lessons	7.30pm	020 8319 1312
Blackheath Centre for Singing - Jazz	8pm	07986 582 844
Tai Jutsu (Bujinkan) Club	8pm	07779 247 920
Iyengar Yoga with Sally	8pm	07973 686 488
Blackheath Wine Club		07802 183 638
Capital Theatre Co		020 8852 3258
Force 5 Taekwondo		07585 334 284
Baby Massage		07849 412 539

Friday

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Mandy Brown Pilates	9.30am	020 8244 3198
Tiptoes & Tappers	10am	07900 242 161
Iyengar Yoga	10am	020 8690 3818
Postnatal Mum & Baby Yoga	10.30am	020 8853 5944
Dance for Over 50's	11am	07709 952 215
Baby Sensory	1 + 2.05pm	07715 305 471
Sequence Dance	(1st) 1.30pm	07711 255 932
Flower Arrangement Soc.	(3rd) 1.45pm	020 8857 1355
Senior Citizens Club	(2nd & 4th) 2pm	020 8858 1749
JK Performing Arts	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		07802 183 638

Wednesday

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Barre Concept	9.30am	07769 942 869
Iyengar Yoga with Priscila	9.30am	07947 124 252
Didi Dance	10 & 11am	07973 982 790
Sing and Sign	10 & 11am	singandsign.co.uk
Everybody Sing! - disabilities	11.30am	020 8858 1749
Techy Time IT Support	1pm	020 8858 1749
Blackheath Bridge Club	1.15pm	020 8319 1312
Sing Together Choir	1.30pm	07947 061 703
Mandy Brown Pilates(50+)	2.30pm	020 8244 3198
Mandy Brown Pilates	3.30pm	020 8244 3198
Ukulele for Children	4pm	07786 263 012
Tiptoes & Tappers	4pm	07900 242 161
The Eagles- Karate (kids)	5pm	020 8291 6603
Zumba Gold beginners	5.45pm	07785 762 145
Ukulele for Adults (Int)	7pm	07786 263 012
Postural Yoga	7pm	020 8858 1991
Mandy Brown Pilates	7 + 8pm	020 8244 3198
Aikido	7.15pm	07890 672 980
Writing for Wellbeing		07962 470 611
Citizens of the World Refugee Choir		07920 263 465
Blackheath Centre for Singing		07986 582 844

Saturday

Tiptoes & Tappers	9am	07900 242 161
Councillors Surgery	10am (1st/3rd)	020 8921 4350
Aikido	10am	07890 672 980
Theatretrain Greenwich	10am	07908 647 284
WW UK	10.30am	07946 464 508
Theatretrain Minis	12pm	07908 647 284
Bulgarian Community School	2pm	07432 370 534
Yoga with Carol	3.30pm	020 8316 1662
Follies Face & Body Art		07796 695 906