

**Mycenae House Regular Programme (March 2018)** *Please call number listed to check info before attending*

**Monday**

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Local History Group	10am	020 8313 3384
Postural Yoga	10am	020 8858 1991
Didi Dance	10 & 11am	07973 982 790
Stay & Play for 0-3s	12.30pm	07935 373 239
Music Appreciation Class	1.30pm	
Pilates with Hilary	2pm	07970 290 818
Mycenae Bingo Club	2pm	020 8858 4672
Home Ed Choir	2.30pm	
Drama Class for 8-11yrs	3.45pm	07910 696 174
Just Kidz Drama Club	4pm	07961 129 018
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		020 8319 8555
Blackheath Centre for Singing		07986 582 844

**Tuesday**

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Botanical Art Class	10am	020 8858 3051
Colourstrings Music (0-3)	10am	07791 863 618
Ballroom Burn	10.30am	07711 255 932
Short Mat Bowls	2pm	020 8858 4752
Colourstrings Music (3-6)	2.15pm	07791 863 618
Capoeira for kids	3.30+4pm	07841 342 874
Children's Choir	4pm	07986 582 844
Mini Picassos - kids art	4pm	07877 438 536
Booster Classes	4pm	07920 762 748
Rhythmic Gymnastics	5pm	01322 330 090
Italian for Fun	7pm	07715 409 036
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	8pm	020 8690 3818
Blackheath Wine Club		07802 183 638
Capital Theatre Co		020 8852 3258
Force 5 Taekwondo		07944 617 160
Baby Massage		07849 412 539

**Wednesday**

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Iyengar Yoga with Priscila	9.30am	07947 124 252
Didi Dance	10 & 11am	07973 982 790
Sing and Sign	10 & 11am	
Stay & Play for 0-3s	12.30pm	07935 373 239
Men In Sheds	1pm	020 8294 3012
Blackheath Bridge Club	1.15pm	020 8319 1312
Mandy Brown Pilates(50+)	2.30pm	020 8244 3198
Mandy Brown Pilates	3.30pm	020 8244 3198
Code Kids Robotics	4 + 5pm	07867 784 887
Tiptoes & Tappers	4pm	07900 242 161
The Eagles- Karate (kids)	5pm	020 8291 6603
Postural Yoga	7pm	020 8858 1991
Mandy Brown Pilates	7 + 8pm	020 8244 3198
London HiIT Squad fitness	7.45pm	07805 332 991
Aikido	8pm	07985 124 166
Writing for Wellbeing		07962 470 611
Citizens of the World Refugee Choir		07920 263 465
Blackheath Centre for Singing		07986 582 844

**Thursday**

Bo Peeps Pre School	9am & 12.30pm	07935 373 239
Yoga with Rosana	9am	07717 621 715
Thriving Women	9.30am(last)	07956 207 851
Toddler Sense	10+11am	07715 305 471
Councillors Surgery	(1st) 10am	020 8856 1058
Early Years Music	10.15 + 11.15am	020 8305 1286
Drop In Cafe for Seniors	1-4pm	020 8858 1749
Dance into Retirement	(1st/3rd) 1.45pm	020 8551 4272
Mum & Baby Pilates	1.45pm	07818 445 673
Pilates with Hilary	2pm	07970 290 818
Bach to Baby concert	(2nd) 4pm	
Street Dance (children)	4+5pm	07507 847 748
Future Music Collective	5pm	
Life Drawing	7pm	07435 569 963
Italian for Fun	7pm	07715 409 036
Blackheath Bridge Club	7.15pm	020 8319 1312
Aikido	7.15pm	07985 124 166
Ferrier Operatic Society	7.30pm	07957 626 189
Tai Jutsu (Bujinkan) Club	8pm	07779 247 920
Greenwich Morris Men	8pm	020 8857 2528
Capital Theatre Co		020 8852 3258

**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
Family Yoga	10am	020 8853 5944
Postnatal Mum & Baby Yoga	11am	020 8853 5944
Dance for Over 50's	11am	07709 952 215
Tiptoes & Tappers	1pm	07900 242 161
Baby Sensory	1.15+ 2.20pm	07952 579 044
Flower Arrangement Soc.	(3rd) 1.45pm	020 8857 1355
Senior Citizens Club	(2nd & 4th) 2pm	020 8858 1749
Children's Yoga	4pm	07717 621 715
Just Kidz Drama Club	4pm	07961 129 018
The Eagles- Karate (kids)	5pm	020 8291 6603
Book Club	6.30pm (monthly)	
B/heath Scientific Society	(3rd) 7.45pm	020 8854 3389
JazzNights - Live Jazz	(2nd) 8pm	01689 875 683
Blackheath Wine Club		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 8316 1662
Follies Face & Body Art		07796 695 906