

MYCENAE HOUSE COMMUNITY CENTRE

90 MYCENAE ROAD, BLACKHEATH, LONDON SE3 7SE ✦ Tel. 020 8858 1749

MONDAY		
Local History Group	020 8858 1006	ring for details
Postural Yoga	020 8858 1991	10-11.15 am
Didi Dance	07973 982790	10-11 & 11-12
Story Sock	07957 136 270	10 – 11.15am
Mycenae Bingo Club	020 8858 4672	1 - 4 pm
Woodcraft Folk	020 8851 7591	6.30 - 9 pm
Blackheath Bridge Club	020 8319 1312	7 - 10 pm
Iyengar Yoga	020 8690 3818	7.45 – 9.45 pm
Performance Jazz	01689 875683	8 - 10.30 pm
Innerstillness Yoga	020 8699 0279	7.45 - 9.45 pm
National Childbirth Trust	020 8319 8555	ring for details

TUESDAY		
Caterpillar Music	020 8693 9731	10.15-11.00 am
Baby Massage & Yoga	020 8853 5944	10.30 – 11.30am
Botanical Drawing & Painting	020 8856 3815	ring for details
Mycenae Short Mat Bowls	020 8858 4752	2.00 -4.30 pm
Woodcraft Folk	020 8851 7591	6.30 - 9 pm
Wutan Tai Chi Club	07909 693152	7.30 - 10 pm
Tai Jutsu (Bujinkan) Club	07779 247920	8 - 10 pm
Capital Theatre Company	020 8297 7008	ring for details
Iyengar Yoga	020 8690 3818	8.00 - 9.30 pm

WEDNESDAY		
Didi Dance	07973 982790	10-11 & 11-12
Pregnancy yoga	020 8853 5944	9.45 – 11.15am
Yoga for Health (gentle)	07784 589002	10.00 - 11.30 am
Latino Bambino	07961 838349	1-1.45
Blackheath Bridge Club	020 8319 1312	1.30 - 4 pm
Mandy Brown Pilates (50+)	020 8244 3198	2.30 – 3.30 pm
Mandy Brown Pilates (mixed)	020 8244 3198	7.00 – 8.00 pm
Postural Yoga	020 8858 1991	7.00 - 8.15 pm
Metro Judo Club	020 8302 5936	7 - 10 pm
Greenwich Green Party	020 8305 2196	(1 st *) 7.30-9.30
B'heath Male Voice Choir	020 8460 3268	8 - 10 pm
Learn French	020 8856 5131	ring for details
Montessori Education For Autism	020 8305 2202	ring for details

THURSDAY		
Sing and Sign	020 8144 6225	11-12
Yoga for Health	07784 589002	10.00 - 11.30 am
Come Dance With Me - Dance for Over 50's	020 8293 8910	10.30 – 11.30am
Dance into Retirement	020 8551 4272	1.45-3.45pm(1 st & 3 rd)
Westcombe Writers' Circle	020 8858 5088	ring for details
Blackheath Bridge Club	020 8319 1312	7 - 10 pm
Ferrier Operatic Society	020 8304 5985	7.30 - 10 pm
Aikido	07985124166	7.15 - 9.30 pm
Tai Jutsu (Bujinkan) Club	07779 247920	8 - 10 pm
Greenwich Morris Men	020 8857 2528	ring for details
Capital Theatre Company	020 8297 7008	ring for details
The Nature Bug	07521 778 136	ring for details

FRIDAY		
Caterpillar Music	020 8693 9731	10.00 - 11.30 am
Postural Yoga	020 8858 5969	10-11.15 am
Iyengar Yoga	020 8690 3818	10 - 11.30 am
Mum & Baby Postnatal Yoga	020 8853 5944	10.40 – 11.40am
Senior Citizens Club	020 8858 9242	(2 nd & 4 th *) 1-4pm
Flower Arrangement Soc.	020 8857 1355	(3 rd *) 1 - 4 pm
Theatrebugs Greenwich	0208 244 2036	2 – 3pm
Councillors Surgery	020 8855 7292	(1 st *) 7 - 8 pm
Metro Judo Club	020 8302 5936	7 - 10 pm
New Spiritualists' Society	020 8858 9242	(1 st *) 7.30-9.30 pm
B'heath Scientific Society	020 8854 3389	ring for details
Sound Healing(monthly)	020 8699 0279	7.45-9.45 pm

SATURDAY		
Tiptoes & Tappers	020 8858 7003	9am – 12.30pm
Learn French (for children)	020 8856 5131	9.45- 10.15 am
Health Qigong	07500 873 932	10.00 – 11.00 am
Aikido	07985124166	10.15 - 11.45 am
Weight Watchers	07989437911	10.00 – 11.00am
Space & Breath Birth Workshops	020 8853 5944	ring for details

ALSO	FOR	CHILDREN
Just Two's Playgroup (term time)	020 8856 0677	Mon-Fri 9.30-12.00

Function Hall for Hire ✦ Licensed Bar ✦ Coffee Bar

* denotes certain weeks of the month. In the case of all above groups, it is advisable to telephone in advance for details

Function Hall for Hire ✧ Licensed Bar ✧ Coffee Bar