

REGULAR ACTIVITIES IN FRITTENDEN MEMORIAL HALL

KL:UK The Weald

Mondays 10.00 - 10.45am

Ladies only kickboxing classes

Kirsty Briley 07791598891

Email: theweald@karateleadershipuk.online

Charlie Hartley Yoga

Thursdays 9.30–10.30 am

A general Hatha yoga class

yogahartley@gmail.com

www.charliehartleyyoga.co.uk

07766 222316

Frittenden Historical Society

Last Tuesday in the month October – April

Start time: 8.00pm

frittendenhistory@hotmail.co.uk

Frittenden W.I.

2nd Tuesday in the month

Start time: 7.15pm

Rachel Gold Meditation

Mindfulness Relaxation Gentle Stretch

Wednesday 7.00pm - 8.00pm

Friday 9.30am - 10.30am

07766 838731

Insta @rachelgoldmeditation_

www.rachelgoldmeditation.com

Email: info@rachelgoldmeditation.com

CAMEO

Come **A**nd **M**ee**t** **E**ach **O**ther

for coffee and cake

Every 2nd Wednesday of the month

10.15am – 12.00pm

Contact: Judith Addis 01580 852 484

Judy Staples 01580 852 266

Millie's Dance Fit

Movement designed to boost your energy
and make you smile! All abilities welcome

Mondays 6.00pm – 6.50pm

Millie Friday - 07525 273 390

Instagram account: [move.withmill](#)

Email: milliefriday92@gmail.com

Gemma Guise

Monday 7.15-8pm HIIT (High intensity interval training) - a tough workout where
you alternate short bursts of intense exercise with brief rest or slower
movement. Tailored to all fitness abilities.

Wednesday 6-6.45pm Circuits

(A workout where you move through a series of different exercises one after another,
with little rest in between, utilising weights and equipment. Tailored to all fitness
abilities)

Gemma Guise 07538 206 813

gemmahguise@gmail.com

TAI CHI for Seniors

Gentle exercise - Improves balance, flexibility and strength.

Relaxes the mind and body. Friendly class - Beginners welcome.

Thursdays 11.00am – 12.00pm

Contact: Diane Pullen 07811 241 506

01580 852 375

diane_pullen@hotmail.co.uk