

Day	Time	Class/Group	Description	Space	Contact Details
Monday	10.30am	Silver Swans	Ballet Class for the over 50s	Main Hall	Stephanie Constantine Smith forestsilverswans@hotmail.com 07949 183140
Monday	11.00am	Pilates with Jutta	An unbeatable body conditioning programme to develop strength, tone and body awareness	Studio	Jutta Walmsley jutta_walmsley@hotmail.co.uk 07973 307598
Monday	12pm	Silver Swans	Ballet Class for the over 50s	Main Hall	Stephanie Constantine Smith forestsilverswans@hotmail.com 07949 183140
Monday	2pm	Pilates with Jutta	An unbeatable body conditioning programme to develop strength, tone and body awareness	Main Hall	Jutta Walmsley jutta_walmsley@hotmail.co.uk 07973 307598
Monday	6.30pm	Youth Group (Year 7 and over)	A friendly and welcoming place where young people can meet with friends	Whole Centre	www.moscommunitycentre.org.uk/youth
Tuesday	9.00am	Pilates with Denise	Pilates class led by a tutor with a speciality in back care	Main Hall	Denise Couston deniseandruss@hotmail.co.uk 07786 474075
Tuesday	10.30am	Brockenhurst College Pilates	Pilates class led by a tutor with a speciality in back care	Main Hall	Denise Couston deniseandruss@hotmail.co.uk 07786 474075
Tuesday	6.30pm	Youth Group (Year 6)	A friendly and welcoming place where young people can meet with friends	Whole Centre	www.moscommunitycentre.org.uk/youth
Wednesday	9.30am	DRU Yoga Stretch	Flowing movements and sequences that aid mobility & physical/mental stress relief suitable for all ages and abilities	Main Hall	Alison 07709314222 carneliansoul@gmail.com
Wednesday	10.00am	Sea Earth & Sky – T'ai Chi/Qigong	Moving your body to nourish, replenish and balance your body, mind and soul. Nothing is needed – no mat, no props, just come and be good to yourself.	Studio	Petra petra_ramsden@yahoo.co.uk
Wednesday	2.00pm	Sea Earth & Sky – YinYang Yoga	Breath-work & Meditation. Whatever your age or ability, just bring your smile, mat, props & come and be good to yourself.	Studio	Petra petra_ramsden@yahoo.co.uk
Wednesday	7.00pm	Harmonica Improvers Course	For those who have played for at least a year and want to develop their skills	Youth Room	Dennis Rigg dennisrigg@me.com 01590 645839
Thursday	9.15am	Yoga with Freda	An uplifting yoga class with a dynamic, flowing pace, which will leave you feeling physically stretched and mentally balanced	Studio	Freda Olliff freda_jan@hotmail.co.uk 07988 820010
Thursday	9.30am	Yoga with Dr Mo	A gentle yet active yoga practice with a clear focus on alignment and modifications to accommodate individual abilities	Main Hall	Mo Vontz yogawithdrmo@gmail.com
Friday	10.30am	Fun on the Fiddle	Learn to play the violin in a friendly group environment - instruments supplied	Youth Room	Timothy Warren 07733 085290
Friday	4.30pm	NJ Dance New Forest	Dance Classes for Children aged 3 and over	Studio	Natasha Joy enjoydance@sky.com 07739 847124
Saturday	9.00am	NJ Dance New Forest	Dance Classes for Children aged 3 and over	Studio	Natasha Joy enjoydance@sky.com 07739 847124