

Regular Classes

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| Monday: | 10.45am | Let's Dance (adults—learning difficulties) Winsford Library |
| | 12.30pm | Dance4Health (seated) Tarpoley Community Centre |
| Tuesday: | 11.00am | Mindful Moves CTC Healthcare, Nantwich |
| | 6.30pm | BodyMoves St Chads Wybunbury |
| Wednesday: | 10.00am | Dance N Tone Wychwood Village Hall |
| | 7.00pm | Strictly DanceMoves St Marys Nantwich |
| | 8.00pm | Social Ballroom St Marys Nantwich |
| Thursday: | 12.00noon | PD Moves (Parkinson's) Winsford Library |
| Friday: | 11.00am | Chrysalis (adults—learning difficulties) Nantwich Parish Hall |
| | 1.00pm | BodyMoves (seated) Castle Centre, Northwich |
| | 2.00pm | Dance4Health (seniors) Castle Centre, Northwich |



Call 07760428554 or
email shirley@wellkin.co.uk