

Weekly Classes

Below is a list of our current weekly classes being held within Victoria Hall. All classes are run by the individual organisers, so please contact them for further information.

In addition to the classes listed below, Shipley College offer a range of classes throughout term times. For more information visit their website at www.shipley.ac.uk.

Please note that all classes are subject to change so please double check with us or the organisers before you come along to a class!

Mondays

| Class | Description | Times | Additional Information |
|----------------------------|-----------------------------------|--------------|--|
| Zumba! | Fitness | 7-8pm | £5 per class. Visit www.zumbabradford.co.uk or call (01274) 585317 for more information |
| Dancing With Donald | Ballroom & Latin Dance – Advanced | 8-10pm | £6 per class. Contact Donald on 07576 381408 or Donald.barracough@virginmedia.com |
| The Dance Studio | Ballroom & Latin Dance | 7-9pm | Contact Hazel on 07967 612178 |
| Clogaire | Clog Dancing | 8.15-10pm | Contact Barbara on 01132 694764 |
| Modern Pilates | Pilates | 6.30- 7.30pm | £5 per class. Contact Karen on 07914 585816 |
| Lishi Class | Wellbeing | 7-8.30pm | Contact 07888 780 180 for more information |

Tuesdays

| Class | Description | Times | Additional Information |
|-------------------------|------------------------|--------------|--|
| Fit & Fizzy | Baby & toddler Classes | 9.30-11.30am | Visit www.fitandfizzy.co.uk or call 07967 481945 |
| Taekwondo | Martial Art | 6-9pm | Visit www.yorkshiretaekwondo.co.uk or call Chris on 07779 596371 |
| Ki-Rin Karate | Martial Art | 6-9pm | All Levels. |
| The Dance Studio | Ballroom & Latin Dance | 7-9pm | Contact Hazel on 07967 612178 |
| Pregnancy Yoga | Yoga | 6-7.15pm | Visit www.gillianshippey.com or call 07855 004858 |
| Yoga | Yoga | 7.30-8.45pm | Visit www.gillianshippey.com or call 07855 004858 |
| Mumba! | Fun fitness for Mums! | 7.30-8.30pm | Visit www.fitandfizzy.co.uk or call 07967 481945 |

Wednesdays

| Class | Description | Times | Additional Information |
|------------------------|------------------------|--------------|---|
| Best of Friends | Line Dancing | 7.30-10.15pm | £4 per class. Visit www.best-of-friends.co.uk or call 01535 609190 |
| GKR Karate | Martial Arts | 6-9pm | Contact Ken on 07939 561622 |
| The Dance Studio | Ballroom & Latin Dance | 7-8pm | Contact Hazel on 07967 612178 |
| Roll Back The Carpet | Appalachian Dancing | 8-10pm | Contact Barbara on 01132 694764 |
| Rosemary Conley Zumba! | Diet & Fitness | 6-9pm | Call Caroline on 07935 373894 or Visit www.rosemaryconley.com/franchisee/CHAR |

Thursdays

| Class | Description | Times | Additional Information |
|------------------|------------------------|-------------|--|
| Zumba! | Fitness | 7-8pm | £5 per class. Visit www.zumbabradford.co.uk or call (01274) 585317 for more information |
| The Dance Studio | Ballroom & Latin Dance | 7-8pm | Contact Hazel on 07967 612178 |
| Dancation | Salsa Dancing | 7.30-8.30pm | £5 per class. Visit www.dancation.co.uk |

Fridays

| Class | Description | Times | Additional Information |
|---------------------|-----------------------------------|--------|--|
| Dancing With Donald | Ballroom & Latin Dance – Advanced | 8-10pm | £6 per class. Contact Donald on 07576 381408 or Donald.barraclough@virginmedia.com |
| Taekwondo | Martial Art | 6-9pm | Visit www.yorkshiretaekwondo.co.uk or call Chris on 07779 596371 |

For more information, or if you are interested in holding a regular class at Victoria Hall, please contact us at enquiries@victoriahallsaltaire.com or on 01274 327305.