

Mayhem Adult Timetable

Commencing 23rd April 2019



MONDAY	TIME			PRICES / INFO
LV U3A Listening to Music	1.30pm	to	3.30pm	(1st Mon of the month) lvu3a@live.co.uk Felicity Foster
Brox U3A History Group	1.30pm	to	3.30pm	(3rd Mon of the month) www.u3asites.org.uk (Broxbourne)
Yoga Herts	1.30pm	to	2.30pm	vicky@yoga-herts.co.uk
Adult Ballet	9.30am	to	10.15am	£5.00 Contact Mayhem
Adult Tap	10.15am	to	11.00am	£5.00 Contact Mayhem
Yoga Herts	7.15pm	to	8.15pm	vicky@yoga-herts.co.uk
TUESDAY				
Tuesday 11th June : 6.00pm -11.00	10.00am	to	3.00pm	georgiehogg@btinternet.com
Brox U3A Thai Chi	11.15am	to	12.15am	Fornightly class www.u3asites.org.uk (Broxbourne)
Effective Pilates	7.00pm	to	8.00pm	info@effectivepilates.co.uk
Jukebox Adult Choir ®	7.30pm	to	9.00pm	£7.00 Contact Mayhem
Spirit Wing Chun	8.00pm	to	10.00pm	Seyfi 07806 299996
WEDNESDAY				
Fun Fit Seated (chair fitness)	11.00am	to	12.00pm	Ana Rodriguez 07861 399763
Ballet Conditioning ®	11.00am	to	12.00pm	£6.00 Contact Mayhem
THURSDAY				
Springbok (mini trampette)	7.15pm	to	8.15pm	chelspringbokfitnesshoddson@outlook.com
Krav Maga- Fight Club Academy	7.30pm	to	8.30pm	fca_kravmaga@live.co.uk
*NEW Adult Ballet	8.30pm	to	9.15pm	£6.00 Contact Mayhem
FRIDAY				
Brox U3A Shakespeare Group	11.00am	to	12.30pm	Leerayner_arts@hotmail.com
SATURDAY				
Springbok (mini trampette)	8.45am	to	9.30am	chelspringbokfitnesshoddson@outlook.com
Pound Fit (Rockout.Workout.)	10.15am	to	11.15am	poundfitwithcara@gmail.com

ADDITIONAL ONE-TO-ONE	
Healing Herts (Counselling)	sw.healinghearts@btinternet.com
Herts EEG Biofeedback (Mind-body training)	info@hebiofeedback.co.uk
Private singing with Beki Flannigan	bekiflanagan1986@gmail.com
Private singing, piano or drama with Elena (exams optional)	teachmetoplay@hotmail.com
Private singing and songwriting with Amber	iamamberx@outlook.com

Mayhem Theatre Arts, Brewery Yard, Brewery Road, Hoddesdon, EN11 8HF
 01992 465100 info@mayhemtheatrearts.co.uk
 www.mayhemtheatrearts.co.uk

For studio space enquiries please email jackie@mayhemtheatrearts.co.uk