

MONDAY

Yoga

Times: 9.30am - 10.30am - (weekly)
Mat based exercise, meditation and relaxation.
Cost: £8 **Contact:** Julie Burdett 07780 905729
jules@julesdoesyoga.com



Ludlow U3A Lectures

Times: 10.30am - midday (last Monday of the month excluding July, August, December)
Talks on a variety of topics by visiting speakers.
Cost: No charge to U3A members
Contact: info@u3ainludlow.org.uk www.u3ainludlow.weebly.com



Circle Dancing

Times: 1.45pm - 3.45pm (weekly)
Enjoy moving to a wide range of music, with international folk music and choreographed dance taught at each session. No partner required.
Cost: £5.00 per session
Contact: Kathryn Louhichi 01584 877446 or
Ellen Griffin 01584 874011; ellenandroy.griffin@zen.co.uk



GKY Dance

Times: 4 - 9pm (weekly term-time)
Dance and acrobatics for children, various classes for age 3+
Cost: £4.75 - 6.25 per session
Contact: Gracy Young 07939 638 637 or grace@gykdance.co.uk



TUESDAY

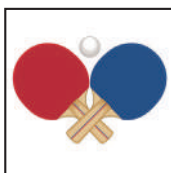
Evergreen Pilates

Times: 9.00am - 10.00am (weekly)
Pilates matwork class for all ages and abilities.
Cost: £8.50 per session
Contact: Ryan 07984816847 egreenpilates@gmail.com
www.evergreenpilates.co.uk



Table Tennis for the over 50s

Times: 10.30am - 1pm (weekly)
4 table tennis tables, doubles /singles, standard good to mixed, no booking just turn up.
Cost: £3 per session
Contact: Norman - nstafford08@gmail.com



Ludlow Lectures

Times: 10am - midday (including refreshments)
Autumn series of six weekly lectures: October - November Illustrated Lectures on "The History and Landscape of Ludlow and the Marches"; (now in our eleventh year).
Cost: £5 per lecture or £25 for a series
Contact: latchfordpa9@gmail.com; 01584 874990
www.ludlowlectures.wixsite.com/news

Learn 2 Jive

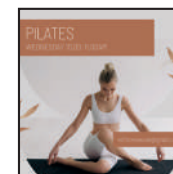
Times: 7.30-8.30pm Beginners (weekly)
8.30 - 9.30pm Intermediates (weekly)
Classes are fun and friendly, a great way to get fit and meet new people. No partner needed and classes are pay as you go.
Cost: £6 per session
Contact: Matt or Sarah, info@coolmovesdance.co.uk
07411 754789
www.coolmovesdance.co.uk



WEDNESDAY

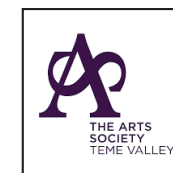
Pilates

Times: 10-11am (weekly)
Body conditioning Pilates aimed at beginners to intermediate. Focus on posture, core stability, strengthening of muscles, balance and flexibility. A combination of Joseph Pilates contemporary exercises and yoga-fitness inspired moves. Bring a mat; we provide small Pilates equipment - bands, balls and tubing.
Cost: £9 per session if you pay monthly, otherwise £10
Contact: Sarah on 07967 482510 or fitnessexcel@gmail.com
www.fitness-excel.com



The Arts Society Teme Valley

Times: 2-3.30pm (monthly exc July, August and Dec)
An exciting programme of talks in which to explore, experience and enjoy the world of the Arts.
Cost: £8 per talk or £48 per year (membership)
Contact: 07801 178846 or just turn up.
www.theartsocietytemevalley.org.uk



Zumba

Times: 7-8pm (starting March 1 2023)
A fun, high energy exercise dance class combining; cardio, muscle conditioning, balance, and flexibility. All abilities welcome.
Cost: £5 per session (first class FREE)
Contact: Honor - book via WhatsApp on 07527183231



THURSDAY

Dawn Chorus

Times: 08:30 - 9.30am (weekly)

Start your day with a song!

A community singing group. All abilities welcome.

Cost: £6 per session or £4 when paying for half term

Contact: Gersom Engels 07531120951 gersom@soundwaves.org.uk



Music Tots

Times: 09:30-10:15 0-2-year-olds;

10:45-11:30 2-4 year olds. Term time only

Music activities for children aged 0-4 accompanied by their parents/



Anne's Art Club

Times: 4 - 5pm after school club (9 - 11 yr olds)

School holiday workshops 10-12pm for accompanied 6-11 yr olds

The Club for children to enjoy and develop a passion for art!

Cost: £6 per session or £4 when paying for half term

Contact: Anne Pitts amcpitts@yahoo.co.uk



Hatha Yoga

Times: 6.30 -7.30pm (weekly) *Yoga for everyone!*

Cost: £6 per session

Contact: Katherine oon 07975 535408

mapesy@yahoo.co.uk



Ludlow Arts Society

Times: 7 - 9pm (1st Thursday of the month)

Cost: Members FREE, guests £3

Contact: ludlowartsociety.org.uk

FRIDAY

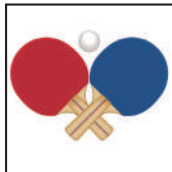
Table Tennis

Times: 7-9pm (weekly)

Friendly club for all abilities, beginners welcome.

Cost: No charge to U3A members

Contact: Richard 07778 412669 or Charlie 07794 483879



SATURDAY

Ludwig Theatre Arts

Times: 2-4pm

Musical Theatre and Acting Classes in term time for ages 7-17.

Contact: takepart@ludwigtheatrearts.com

www.ludwigtheatrearts.com



Regular classes, lectures and activities at Ludlow Assembly Rooms

Jan 2024

Ludlow Assembly Rooms Market Square, Ludlow, SY8 1AZ | 01584 878 141
ludlowassemblyrooms.co.uk | admin@ludlowassemblyrooms.co.uk