



# RUNWELL SPORTS & SOCIAL CLUB

St. Luke's Park, Runwell, Essex, SS11 7QA

# TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30am Mazza Yoga	11:00am Strollercise	AM Session The Seasons Art Class	9:30am Robot Reg	AM Session The Seasons Art Class	10:00am till 2:00pm Private function hire	8:45am Boogie Bounce
1:20pm Robot Reg	1:00pm Ukulele Practice					
5:45pm Sam Oakes PT	4:00pm Jiu Jitsu	PM Session The Seasons Art Class	4:00pm Project Rock Band			4:00pm onwards Private function hire
7:00pm Strollercise	5:15pm Boogie Bounce			6:00pm onwards Private function hire	5:00pm onwards Private function hire	

For class info - Please contact the classes directly

For function room hire - Please contact us directly via either of the below

07510297046

[info@runwellclub.co.uk](mailto:info@runwellclub.co.uk)

Runwell Club

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# CLASS INFORMATION

### The Seasons Art Class

[www.theseasonsartclass.com](http://www.theseasonsartclass.com)

07730 680 034

 The Seasons Art Class Wickford

### Ukulele

 Rumatica Ukulele Band

07930 164 884

### Mazza Yoga

[buk.ie/mazza](http://buk.ie/mazza)

07972 247 154

 Mazza Yoga

### Strollercise

[www.strollercise.co.uk](http://www.strollercise.co.uk)

 Strollercise for Wickford

### Boogie Bounce

 Boogie Bounce Wickford

### Robot Reg

[www.robotreg.co.uk/pages/sally](http://www.robotreg.co.uk/pages/sally)

 Phonics with Robot Reg

### Sam Oakes Personal Training

07795 540967

 SamOakesPT

[Sam\\_Oakes13@hotmail.co.uk](mailto:Sam_Oakes13@hotmail.co.uk)

### Jiu Jitsu

 RT Brazilian Jiu Jitsu

[www.rtbrazilianjiujitsu.co.uk](http://www.rtbrazilianjiujitsu.co.uk)

07511 705 917

### Project Rock Band

 The Rock Project Maldon

[maldon@therockproject.com](mailto:maldon@therockproject.com)