



FRESH GROUND LONDON WEEKLY TIMETABLE *

DAY	TIME	ACTIVITY	CONTACT
Monday	By Appointment Only	Laura Tilson Osteo	www.ltosteo.co.uk
	9:30am – 12:30pm	Happy Tots	w: happytotsplaygrouplondon.co.uk
	9:30am – 11:00am	Mini Mozart	w: www.minimozart.com
	11:00am – 11:30am	Good Toes Ballet	For more information click here.
	11:00am – 12:00pm	Mojo Me - Pilates	For more information click here.
	11:15am – 12:15pm (monthly)	Informal Art History Talks	e: hattsbennett@yahoo.co.uk
	2:00pm – 3:00pm	Re:FRESH	e: freshgroundlondon@gmail.com
	3:30pm – 6:00pm	Butterfly Ballet	For more information click here.
	6:00pm – 7:00pm	Charlotte Farmar	p: 07886 495 236
	7:00pm – 8:00pm	Jenny Devonshire Yoga	e: jenny.devonshire@yahoo.com
	7:00pm – 8:00pm	Baris Yazar (iFlow)	w: www.barisyazar.com
	8:00pm – 9:00pm	Hillary Cannon Yoga	e: hillary.cannon@hotmail.com
Tuesday	By Appointment Only	Laura Tilson Osteo	w: www.ltosteo.co.uk
	9:30am – 12:30pm	Happy Tots	w: happytotsplaygrouplondon.co.uk
	9:30am – 11:30pm	Monkey Music	For more information click here.
	10:30am – 11:30pm	Mojo Me - Pilates	For more information click here.
	12:00pm – 6:00pm	Dental Hygiene Classes	e: hc.intoffice@gmail.com
	4:00pm – 4:45pm	Good Toes Ballet	For more information click here.
	6:00pm – 8:00pm	Martial Arts	e: amiar.michael@gmail.com
	6:15pm – 8:45pm	Feeling Yogaful	For more information click here.
	7:00pm – 8:00pm	Baris Yazar (Capoeria)	w: www.barisyazar.com
	8:00pm – 10:30pm	City Salsa London	w: www.citysalsa.co.uk
Wednesday	By Appointment Only	Laura Tilson Osteo	w: www.ltosteo.co.uk
	9:30am – 12:30pm	Happy Tots	w: happytotsplaygrouplondon.co.uk
	9:30am – 12:00pm	Monkey Music	For more information click here.

	9:10am – 10:00am	Holistic Body Focus (Pilates)	e: holisticbodyfocus@gmail.com
	10:00am – 11:00am	Laura Freeman Yoga	For more information click here.
	11:00am – 12:00pm	Samantha Alese (Pilates)	e: samanthaalese@hotmail.com
	3:00pm – 4:30pm	Emily's Ensemble	e: eluketaylor@gmail.com
	4:00pm – 5:00pm	Bev Brownsden Yoga	e: beverley.brownsdon@gmail.com
	4:00pm – 5:00pm	Fresh Ground Youth CONNECT - Coffee & Chat (high school)	e: michelle.freshgroundlondon@gmail.com
	7:00pm – 8:00pm	Samantha Alese (Pilates)	e: samanthaalese@hotmail.com
	7:30pm – 9:30pm	Apple Yoga (monthly)	e: katy@appleyoga.com
	7:30pm – 9:30pm	Gospel on the Rise (Choir)	e: karen@gospelontherise.co.uk
	8:00pm – 9:30pm	Inbal Yoga	e: inbalgattyoga@gmail.com
Thursday	By Appointment Only	Laura Tilson Osteo	w: www.ltosteo.co.uk
	9:30am – 12:30pm	Happy Tots	w: happytotsplaygrouplondon.co.uk
	9:30am – 11:30am	Monkey Music	For more information click here.
	9:45am – 11:15am	Clare Goodwin	e: info@clare-goodwin.com
	3:00pm – 8:00pm	Fancy Footwork	For more information click here.
	7:30pm – 9:00pm	Habitude (Yoga)	e: hayley@habitude.co.uk
	8:00pm – 9:00pm	Martial Arts	e: amiar.michael@gmail.com
Friday	By Appointment Only	Laura Tilson Osteo	w: www.ltosteo.co.uk
	9:15am – 10:30am	Feeling Yogaful	For more information click here.
	9:30am – 12:30pm	Happy Tots	w: happytotsplaygrouplondon.co.uk
	1:30am – 11:30am	Butterfly Ballet	
	10:30am – 11:30am	Holistic Body Focus (Pilates)	e: holisticbodyfocus@gmail.com
	10:45am – 11:30am	Eliza Do A Lot	For more information click here.
	3:30pm – 7:30pm	Butterfly Ballet	For more information click here.
	6:30pm – 8:00pm (fortnightly)	Fresh Ground Youth Night (high school)	e: michelle.freshgroundlondon@gmail.com
Saturday	9:00am – 10:00am	Family Fitness Class	e: vigdivers@mac.com
	9:00am – 12:00pm	Fancy Footwork	For more information click here.
	11:30am – 12:45pm	Laura Freeman Yoga	For more information click here.
	12:30pm – 6:00pm	Dental Hygiene Classes	e: hc.intoffice@gmail.com
	1:00pm – 4:00pm	Good Toes Ballet	For more information click here.

Sunday	10:30am – 12:00pm	Worship Service	Pastor Jason m: 07734433947 w: freshgroundlondon@gmail.com

*Please note this is subject to change, so we recommend contacting all group leaders before attending.