

New Horizons Heathfields Sport and Community Education programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Contact Details
Beginners Mandarin	7.30pm-9.00pm							07796690813
Digital Photography		7-30pm-8.30pm						07976 977195
Dance Classes		6.00pm-8.00pm						07989 366959
Arabic for Kids						9.30am-1.30am		07704 467723
Children Spanish						10.30am-12.00 noon		0845 1304775
Children's Japanese+ Origami						10.30am-12.00 noon		0845 1304775
Children's Mandarin						10.30am-12.00 noon		0845 1304775
Adult Spanish						10.30am-12.00 noon		0845 1304775
Adult French						10.30am-12.00 noon		0845 1304775
Adult Italian						10.30am-12.00 noon		0845 1304775
Performing Arts (Singing. Dancing and Drama)						10.00am-1.00pm		07989 501394
Children French						10.30am-11.00am		07956 230060
Adult Arabic	7-30pm-10.00pm		7-30pm-10.00pm	7-30pm-10.00pm				07944 013532

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swimming Lessons	5.30pm-7.30pm	5.30pm-7.00pm	6:00pm-7.45pm	6:00pm-7.30pm	4.30pm-6.30pm	10:00am-12:00noon		020 8307 5523
Aquarobics	7.45pm-8.30pm							020 8307 5523
Pilates		7.00pm-8.00pm						020 8307 5523
Tennis Jnr and Infants						9.00am-12.30pm		020 8307 5523
Fitness/personal trainer	6.00pm-8.45pm	6.00pm-8.45pm	6.00pm-8.45pm	6.00pm-8.45pm	6.00pm-8.45pm	9.00am-3.45pm	10.00am-1.45pm	020 8307 5523
Football Courses 5-11 yrs						10.00am-11.00am		020 8307 5523
Badminton	6.00pm-8.45pm	6.00pm-8.45pm	6.00pm-8.45pm	6.00pm-8.45pm	6.00pm-8.45pm	11.30am-3.45pm	10.00am-1.45pm	020 8307 5523
Swimming	7.30pm-8.45pm	7.00pm-8.45pm	7.45pm-8.45pm	7.30pm-8.45pm	6.30pm-8.45pm	10.00am-1.45pm	10.00am-1.45pm	020 8307 5523
Tennis						9.00am-12.30pm		020 8307 5523
Cricket						12 noon- 3.00pm		020 8307 5523
Karate							11.00am-12 noon	020 8307 5523
Yoga					5.00pm-6.00pm			020 8307 5523
Legs,Bums,Tums.			7.30pm-8.30pm					020 8307 5523
Circuits				7.30pm-8.30pm				020 8307 5523
Pool parties							2.00pm-4.00pm	020 8307 5523
Kick Boxing							12 noon-1.00pm	020 8307 5523