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| MON | Baby Sensory Group 9.15am-11.30am Fay Sweeting 01202 621736 weekly | Art Classes 10.30am-12.30pm Claire Hayton 01202 820844 weekly | Body Control Pilates 9.30am-10.30am Hazel Mills 01202 876099 weekly | Tai Chi 10am-11pm & 11.15am-12.15pm Nicole Dickenson 07941 052578 weekly | Moves Fitness 10am-11am Carolyn Bowyer 07867 978204 weekly | Crane Valley Quilters 2pm-4pm 01202 829507 fortnightly | Storm School Of Dance 4pm-8pm Kerri Faulkner 07874 073567 weekly | VADCOT 6pm-8pm Bill Davis 01020 820018 monthly | Weight Watchers 6pm-8pm Katie 07904 870176 weekly | Verwood LAG 7pm-8.30pm Jim Flander 01202 826414 bi-monthly | Zumba Keep Fit 8.15pm-9.15pm Helen Yates 07545 818461 weekly | Karate 5.30pm-9pm Mike Charsley 07714 339459 weekly |
| TUES | Aerobics 9.15am - 10.15am 01202 828740 weekly | Zumba Keep Fit 8.15pm-9.15pm Helen Yates 07545 818461 weekly | U3A French 10am-11.30am Sue Cleese 01202 829827 weekly | Hula Hooping 10.15am-11.15am 01202 828740 weekly | Jenny Porter Singers 2pm-3.30pm Mo Kettleless 01202 826134 weekly | Bridge Class 2pm-4pm Robert Payne 07786 491168 weekly | Karate Academy 4pm-6pm Gary Excell 01202 250474 weekly | Helen O'Grady Drama Academy 4pm-7pm Susana Ayala 01425 475577 weekly | Storm School Of Dance 4.30pm-7.30pm Kerri Faulkner 7874 073567 weekly | Yoga 7.30pm-9pm Jackie Hayfield 07955 587772 weekly | Salsa Fit 7pm-8pm Caroline Johnson 01202 828740 weekly | |
| WEDS | Tumbletots/ Gymbabes/bobs 9.45am-5.15pm Julie Channen 01202 872307 weekly | Music Bugs 10.00am-12.00pm Jo Wright 08445 781042 weekly | Yoga 10am-11am Jackie Hayfield 07955 587772 weekly | Nuline Dance 10am-12.30pm Tina Summerfield 01202 565889 weekly | Weight Watchers 12.45pm-2.45pm Val weekly | U3A 2pm-4pm Sue Cleese 01202 829827 weekly | Verwood Keyboard & Organ Society 7pm-11pm Brian Bendall 01202 824621 monthly | New Forest Aikido 8pm-9.30pm Mark Berry 01202 577504 weekly | | | | |
| THURS | Jo Jingles 9.30am-2pm Liz Wilson 01202 739444 weekly | Nuline Dance 9.30am-12.30pm Tina Summerfield 01202 565889 weekly | Art Classes 9.30am-12.30pm Claire Hayton 01202 820844 weekly | U3A 2pm-4pm Sue Cleese 01202 829827 weekly | Karate Academy 4pm-6pm Gary Excell 01202 250474 weekly | Ballroom & Latin Dance Classes 4.45pm-10pm Louise Sampson 07884 315687 weekly | Storm School Of Dance Kerri Faulkner 6.20pm - 7.20pm 07874 073567 weekly | Pilates 7pm-9pm Clare Nolan 07877 562315 weekly | Zumba Keep Fit 7.30pm - 9.30pm Helen Yates 07545 818461 weekly | Bridge Class 2pm-4pm Robert Payne 07786 491168 weekly | | |
| FRI | Yoga 9.30am-11am Jackie Hayfield 07955 587772 weekly | Art Classes 10.30am-12.30pm Claire Hayton 01202 820844 weekly | Storm School Of Dance 4.30pm-8.30pm Kerri Faulkner 07874 073567 weekly | Ceroc Live 8pm-11pm Richard 01225 351870 monthly | | | | | | | | |
| SAT | Storm School Of Dance 10am-11am Kerri Faulkner 07874 073567 weekly | Jive and Kicking 7.30pm-11.30pm Paul Whitehead 01425 280444 monthly | | SUN | Verwood Family Church 10am-12pm Helen Lacey 07792 814634 weekly | | | | | | | |
| Details are correct at the time of going to print. Please contact the organiser before you attend your first session. | | | | | | | | | | | | |
| | | ADULT EDUCATION | GENERAL | ADULT FIT | DANCE | YOUNG AT THE HUB | | | | | | |