

JACKSONS LANE: ADULTS CLASSES AND COURSES SPRING 2019

Course Name	Website	Day	Class time	Contact Email
Jazz Improvisation		Monday	3-4.15pm	Tobie.carpenter@hotmail.co.uk
The Acting Space, Adult acting classes	www.theactingspace.co.uk	Monday	6.30-8.00pm	info@theactingspace.co.uk
Intermediate Adult Ballet	www.dancershealth.com	Monday	7-8pm	aniko@dancershealth.com
Creative Writing		Monday	7.15 - 9.15pm	Estherfreud3@gmail.com
Club Attack		Monday	11am-12pm	clubattackfitness@gmail.com
Barre Class	n-rg.co.uk	Monday	8.05-9pm	nathalie@n-rg.co.uk
Advanced Lucid Body	www.lucidbodylondon.com	Monday	6:30-9:30pm	raniah@lucidbodylondon.com
Pilates	https://mariann-benko-pilates.pilatesnearyou.co.uk/	Tuesday	6.30-7.30pm	benkomarianne@gmail.com
Youth/Adult Contemporary Fusion: Give Into Dance	www.giveintodance.com	Tuesday	7-8pm	briony@giveintodance.com
Adult Street Dance: Give Into Dance	www.giveintodance.com	Tuesday	8-9pm	briony@giveintodance.com
Ballet Barre	n-rg.co.uk	Tuesday	9-10pm	nathalie@n-rg.co.uk
Get Moving for the Mature		Tuesday	10.15am	jeffhurrell@msn.com
Iyengar Yoga		Wednesday	7-8pm	singingtreeyoga1@gmail.com
Pilates Intermediate	https://mariann-benko-pilates.pilatesnearyou.co.uk/	Wednesday	6.45-7.45pm	benkomarianne@gmail.com
Pilates Beginners	https://mariann-benko-pilates.pilatesnearyou.co.uk/	Wednesday	8-9pm	benkomarianne@gmail.com
Adult Street Dance: Give Into Dance	www.giveintodance.com	Wednesday	7-8pm	briony@giveintodance.com
Youth/Adult Urban Contemporary: Give Into Dance	www.giveintodance.com	Wednesday	8-9pm	briony@giveintodance.com

All details are correct at time of publishing. Jacksons Lane recommends that interested attendees contact the tutor in advance of attendance to avoid disappointment.

Muswell Hill Photographic Society	http://www.muswellhillphoto.org.uk/	Wednesday	7.45-22.00pm	contact@muswellhillphoto.org.uk
Zumba		Wednesday	6.45-8pm	jessica.amery1@gmail.com
Pilates Improvers+	https://mariann-benko-pilates.pilatesnearlyou.co.uk	Thursday	8-9pm	benkomarianne@gmail.com
Elemental Chi Kung	www.monkeyandtiger.org	Thursday	7-8pm	ghogan@btinternet.com
Women's Self-Defence	www.urbankravmagaforwomen.co.uk	Thursday	7-8pm	urbankravmagaforwomen@gmail.com
Extend Exercise		Friday	10.15am	lesleyann1@hotmail.com
Waltzing With Hildas	www.hildas.org.uk	Saturday	7.30-11.30pm	WWhilda@aol.com
North London Russian School	www.NorthLondonRussianSchool.com	Sunday	10.30am	mail@NorthLondonRussianSchool.com
Acrobatic Balancing for Adults		Sunday	4pm-6pm	kaveh@nearlythereyet.com

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