

JACKSONS LANE: ADULTS CLASSES AND COURSES AUTUMN 2018

| Course Name | Website | Day | Class time | Contact Email | Contact Phone |
|--|---|------------------|------------------|--|---------------|
| <i>Jazz with Tobie</i> | | <i>Monday</i> | <i>3-4:30pm</i> | | |
| The Acting Space, Adult acting classes | www.theactingspace.co.uk | Monday | 6:30-8:00pm | info@theactingspace.co.uk | 02036334641 |
| Mindfulness Meditation Programme (8-weeks) | www.jamieshavdia.co.uk | Monday | 6:30-8:30pm | info@jamieshavdia.com | 07792755132 |
| Lucid Body Fundamentals | www.lucidbodylondon.com | Monday | 6:30-9:30pm | raniah@lucidbodylondon.com | 07904687641 |
| Intermediate Adult Ballet | www.dancershealth.com | Monday | 7-8pm | aniko@dancershealth.com | 07789605166 |
| Ballet Barre | www.n-rg.co.uk | Monday | 8:05-9pm | nathalie@n-rg.co.uk | 07590532950 |
| <i>Lindy Hop - Beginners</i> | www.hotjazzrag.com | <i>Monday</i> | <i>8:30-10pm</i> | nikki@hotjazzrag.com | |
| Get Moving for the Mature | | Tuesday | 10:15-11:30am | jeffhurrell@msn.com | 07950425837 |
| Pilates Improvers | https://mariann-benko-pilates.pilatesnearlyou.co.uk/ | Tuesday | 6:30-7:30pm | benkomarianne@gmail.com | 07585925235 |
| Jumble Theatre Co. | https://www.jacksonslane.org.uk/join-in/adults-older-people-borough-projects/jumble-theatre-group | Tuesday | 7-9pm | jumbletheatreco@gmail.com | |
| Adult Street Dance: Give Into Dance | www.giveintodance.com | Tuesday | 8-9pm | briony@giveintodance.com | 07971043788 |
| <i>Damn Fine Dance: Dance for over 60s</i> | | <i>Wednesday</i> | <i>2-3:30pm</i> | dfdcollective@gmail.co.uk | 07951818686 |
| Pilates Intermediate | https://mariann-benko-pilates.pilatesnearlyou.co.uk/ | Wednesday | 6:45-7:45pm | benkomarianne@gmail.com | 07585925235 |
| Adult Street Dance: Give Into Dance | www.giveintodance.com | Wednesday | 7-8pm | briony@giveintodance.com | 07971043788 |
| Pilates Beginners | https://mariann-benko-pilates.pilatesnearlyou.co.uk/ | Wednesday | 8-9pm | benkomarianne@gmail.com | 07585925235 |
| Youth/Adult Contemporary Fusion: Give Into Dance | www.giveintodance.com | Wednesday | 8-9pm | briony@giveintodance.com | 07971043788 |

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

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| Muswell Hill Photographic Society | http://www.muswellhillphoto.org.uk/ | Wednesday | 8-9:50pm | contact@muswellhillphoto.org.uk | |
| <i>Beginners Flamenco</i> | | Thursday | 6:30-9pm | feliflam@hotmail.com | 07939570889 |
| Women's Self-Defence | www.urbankravmagaforwomen.co.uk | Thursday | 7-8pm | urbankravmagaforwomen@gmail.com | 07980288915 |
| Elemental Chi Kung | www.monkeyandtiger.org | Thursday | 7-8pm | ghogan@btinternet.com | 07974202421 |
| N6 Zumba | https://www.N6Zumba.com | Thursday | 8-9pm | info@N6Zumba.com | |
| Pilates Improvers+ | https://mariann-benko-pilates.pilatesnearlyyou.co.uk | Thursday | 8-9pm | benkomarianne@gmail.com | 07585925235 |
| Extend exercise to music over 60s | N/A | Friday | 10:15-11:15am | lesleyann1@hotmail.com | 07880702654 |
| <i>London Longsword</i> | www.londonlongsword.com | Friday | 7-8:30pm | londonlongsword@gmail.com | 07709639881 |
| <i>Waltzing with Hildas: Women only Ballroom Group</i> | www.hildas.org.uk | Saturday (second Saturday of the month) | Doors Open 7:30pm Dance classes: 7:45-8:30pm Social Dancing: 8:30-11:30pm | WWhilda@aol.com | 07939072958 |
| Acrobatic Balancing for Adults | www.nearlythereyet.com | Sunday | 4-6pm | kaveh@nearlythereyet.com | 07946393611 |
| A variety of Gymnastics classes are available throughout the week | www.hampsteadgymnastics.org.uk | Various | Various | IslingtonGymClub@gmail.com | |

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