

Regular Events Here at Treknow Village Hall

The following regular events take place here in the hall.
Please contact the event organiser for more information!

YOGA “Heartful” Yoga with Mandy 07930 277442
Naturaltouchtherapies.weebly.com
Classes start 1st October from 6.30pm – 8pm

PILATES Tuesday mornings 9.30 – 10.30am (weekly)
with Hayley Potter Contact Number: 07989 617396

MINDFULNESS Women’s circle with Sophie (monthly -
see Facebook for further details)
Tel. Sophie 07897 501527 or email:
mindfulnesswithsophie@gmail.com

TREKNOW GARDEN CLUB Monthly meetings; 4th
Friday of each month

TABLE TENNIS AND CRAFT AFTERNOON Every
Wednesday from the 1st October from 2pm. Just turn
up!

ALSO:

Book exchange available: Just inside the porch!!

Pop in, help yourself, bring back when you’ve read it!!