

# What's On

**LOW-COST ROOM HIRE**  
Call us for availability

## THE COSTESSEY CENTRE

GROUP NAME	ACTIVITY	TELEPHONE NO.	EMAIL	WEBSITE
Art Improvers	Art classes	07730 361389	Mikestanton3941@gmail.com	
Lucia	Zumba Gold/Pilates classes	07776 201645	Zumba-lucia@hotmail.co.uk	
Afternoon Bridge Club	Play Duplicate Bridge	01362 688872	rcpillar@btinternet.com	www.bridgewebs.com/afternoon/
Dance Devotion	Ballroom Dancing	01603 819129	roger@dancedevotion.co.uk	www.dancedevotion.co.uk
Costessey Society	Social gathering	01603 743366	Vivbell@aol.co.uk	
Helens Fitness	Fitness Pilates & Yoga	07730 193 934	Info@helensfitness.co.uk	www.helensfitness.co.uk
Mardles Ceilidhs	Ceilidhs dance with live band	01603 812472	Ceilidh@mardles.org	www.mardles.org
Ceroc Fusion	Dance Classes	07801 492358	info@cerocfusion.co.uk	www.ceroc.com
FOTV Community Gardening Club	Community Group	01603 742491	p_m_williamson@hotmail.com	
Old Costessey WI	Social gathering		christinechristopher69@gmail.com	
Cossey Posse Youth Group	Youth Club	07887 950002	kjyouthwork@hotmail.co.uk	

## QUEEN'S HILLS COMMUNITY CENTRE

GROUP NAME	ACTIVITY	TELEPHONE NO.	EMAIL	WEBSITE
The QUBE Youth Group	Youth Club	07887 950002	kjyouthwork@hotmail.co.uk	
Optimal Health	Pilates		info@optimalhealthuk.co.uk	www.optimalhealthsportsmassage.co.uk
Kuk Sool Won	Martial Arts	01603 788838	netty007@hotmail.co.uk	www.kuksoolwonofnorwich.co.uk
Loving By Giving	Church meetings	07988 276832	ministries@lovingbygiving.co.uk	www.lovingbygiving.com
Tiny Talk Norwich (North)	Baby & Toddler classes	07359 137682	Leighm@tinytalk.co.uk	www.tinytalk.co.uk/leighm
TKF	Karate	01603 971370	office@karatefitness.co.uk	www.karatefitness.co.uk
Abbots Dance Academy	Running of Dance classes	07535 142229	Hello@abbotsdance.com	www.abbotsdance.com
Finding Your Centre: Yoga with Shell	1 hour yoga classes	07824 613333	Michelle.rider001@gmail.com	

## BRECKLAND HALL

GROUP NAME	ACTIVITY	TELEPHONE NO.	EMAIL	WEBSITE
Costessey Flower Club	Flower Arranging Demonstrations			www.Costesseyflowerclub.org
Extend	Exercise to music for older adults	07986 548358	Chrisfitforlife@yahoo.co.uk	
Music Bugs Norwich	Music classes	07889 256455	musicbugsnorwich@gmail.com	www.musicbugs.co.uk
New Costessey Evening W I	Social gathering	07751 691072	Ncewi@outlook.com	
Bingo	Bingo	01603 746138		
Costessey Short Mat Bowls	Indoor Bowls	01603 742486		
Zion Pentecostal Church	Pentecostal Sunday worship	07859 245180	blessninan@hotmail.com	www.zionpentecostalchurch.co.uk
Seated Zumba Gold	Seated Zumba	07411 013943	Westonfront5@gmail.com	
Evergreen	Line Dance Club	07584 938392	evergreenlinedance@gmail.com	
Slimming World	Weight Loss Plan	07961 046619		www.slimmingworld.co.uk
Weight Watchers	Weight Loss Plan			www.weightwatchers.com
Finding Your Centre: Yoga with Shell	1 hour yoga classes	07824 613333	Michelle.rider001@gmail.com	
Nadine Weeks Fitness & Nutrition	Fitness Class	07534 632773	info@nadineweeksnutrition.co.uk	www.nadineweeksnutrition.co.uk
Costessey Memories	Social gathering	01603 747468		

For more activities try the Norfolk Directory  
[www.norfolk.gov.uk/norfolk-directory](http://www.norfolk.gov.uk/norfolk-directory)