

## **Details of Exercise Classes in the Barn - 2025**

### **Tai Chi**

**Lisa Sang**     [lsang@mac.com](mailto:lsang@mac.com)

Classes on Mondays in term time: 9.30-10.30

And

Fridays in term time: 9.30-10.30

### **Pilates**

**Katie Thorne-Jones**   [kswaysland@yahoo.co.uk](mailto:kswaysland@yahoo.co.uk)

Classes on Tuesdays throughout the year: hourly from 10.00-1.00 and 6.00 – 7.00

Classes on Thursdays throughout the year: Beginners class 12.00 – 1.00

and hourly 7.00 – 8.00 and 8.00 – 9.00

### **Yoga**

**Danni Craker**             [Danni@wellnesswithdanni.com](mailto:Danni@wellnesswithdanni.com)

Classes hourly on Monday evenings throughout the year: from 5.00 -6.00  
6.30–7.30 and 7.45- 9.00

Classes on Friday afternoons throughout the year: 12.30-1.30 and 1.45 – 2.45

Please see Danni's website page:

<https://www.wellnesswithdanni.com/newickbarncentreclasses>

For any change to above schedules please check with the monthly timetable on the  
Church website (stmarysnewicks.church)