

# CHAPTER

## PUBLIC REGULAR CLASSES AND GROUPS HELD IN CHAPTER

DAY	CLASS	TUTOR	TIME	SPACE
<b>MONDAY</b>	<b>SILVER SWANS BALLET</b>	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	11:15 – 12:15	DANCE STUDIO
	<b>TURN'D UP FITNESS</b>	<a href="http://www.turnupfitness.com">www.turnupfitness.com</a> <a href="mailto:turndupfo.cc@gmail.com">turndupfo.cc@gmail.com</a>	18:30-19:30	DANCE STUDIO
	<b>CLONC YN Y CWTSH: WELSH LANGUAGE PRACTICE</b>	Rwth Evans <a href="mailto:welshguide@yahoo.co.uk">welshguide@yahoo.co.uk</a>	19:00 – 21:00	CWTCH
	<b>HAPPY PARENTS HAPPY BABY</b>	<a href="mailto:bookings@appyparentshappybaby.com">bookings@appyparentshappybaby.com</a> <a href="http://www.happyparentshappybaby.com">www.happyparentshappybaby.com</a>	19:00 – 21:00	MEDIA POINT
	<b>FUDOSHIN AIKIDO</b>	<a href="http://www.aikidocardiff.com">www.aikidocardiff.com</a> enquiries@aikidocardiff.com	19:00 – 21:00	SWAS ROOM
	<b>LINDY HOP &amp; SWING DANCE</b>	<a href="http://www.swingproject.co.uk">www.swingproject.co.uk</a> <a href="mailto:jessie@swingproject.co.uk">jessie@swingproject.co.uk</a>	19:00 – 21:30	FIRST SPACE
	<b>CAPOEIRA TRAINING</b>	Roger Graham <a href="http://www.cardiffcapoeira.com">www.cardiffcapoeira.com</a>	20:15 – 21:30	COMMON ROOM
<b>TUESDAY</b>	<b>RHYTHM TAP (18yrs +)</b>	<a href="mailto:info@rhythmtapcardiff.com">info@rhythmtapcardiff.com</a> <a href="http://www.rhythmtapcardiff.com">www.rhythmtapcardiff.com</a>	18:00 – 21:00	COMMON ROOM
	<b>MENTER CAERDYDD: POETRY</b>	Sian Roberts <a href="mailto:sian@mentercaerdydd.cymru">sian@mentercaerdydd.cymru</a> <a href="http://www.mentercaerdydd.cymru">www.mentercaerdydd.cymru</a>	18:30 – 21:00	MEDIA POINT
	<b>RAD ADULT BALLET CLASS</b>	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	19:30 – 20:30	DANCE STUDIO
<b>WEDNESDAY</b>	<b>BALLET FOR CHILDREN</b>	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	16:30 – 20:30	SWAS ROOM & DANCE STUDIO
	<b>TECHNICOLOUR CHOIR</b>	Patrick Steed <a href="mailto:patrick@technicolourchoirs.co.uk">patrick@technicolourchoirs.co.uk</a>	18:00 – 19:30 19:30 – 21:00	FIRST SPACE
	<b>RHYTHM TAP (18yrs +)</b>	<a href="mailto:info@rhythmtapcardiff.com">info@rhythmtapcardiff.com</a> <a href="http://www.rhythmtapcardiff.com">www.rhythmtapcardiff.com</a>	18:00 – 21:00	COMMON ROOM
	<b>MENTER CAERDYDD: UKULELE</b>	Sian Roberts <a href="mailto:sian@mentercaerdydd.cymru">sian@mentercaerdydd.cymru</a> <a href="http://www.mentercaerdydd.cymru">www.mentercaerdydd.cymru</a>	19:00 – 21:00	MEDIA POINT

<b>THURSDAY</b>	<b>SILVER SWANS BALLET</b>	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	12:30 – 13:30	DANCE STUDIO
	<b>BALLET FOR CHILDREN</b>	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	17:00 – 18:00 17:00 – 20:30	SWAS ROOM DANCE STUDIO
	<b>LINDY HOP AND SWING DANCE</b>	<a href="http://www.swingproject.co.uk">www.swingproject.co.uk</a> jessie@swingproject.co.uk	19:00 – 21:45	FIRST SPACE
<b>FRIDAY</b>	<b>CHAPTER SINGERS</b>	Laura Bradshaw <a href="mailto:laura.communitymusic@gmail.com">laura.communitymusic@gmail.com</a>	09:30 – 11:30	SWAS ROOM
	<b>BOLLYWOOD MUSIC CLASS</b>	<b>07585953530</b> Contact Amruta for details	17:00 – 18:00	CF MUSIC EDUCATION
<b>SATURDAY</b>	<b>BALLET FOR CHILDREN</b>	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	09:00 – 16:00 09:30 – 13:30	SWAS ROOM DANCE STUDIO
	<b>CARDIFF CHAN MEDITATION</b> (Bi-monthly)	<a href="mailto:cardiffchan@westernchanfellowship.org">cardiffchan@westernchanfellowship.org</a> www.westernchanfellowship.org	14:00 – 16:00	FIRST SPACE
<b>SUNDAY</b>	<b>WRITERS WORKSHOP</b> (2 <sup>nd</sup> Sunday of the month)	<a href="mailto:brionygoffin@gmail.com">brionygoffin@gmail.com</a> www.cardiffwritersstudio.co.uk	10:00 – 13:00	CINEMA FOYER
	<b>BALLET: ASSOCIATE CLASSES</b> (Monthly)	<b>075 2517 4480</b> <a href="mailto:mandyandshirleymorrisdance@gmail.com">mandyandshirleymorrisdance@gmail.com</a> Mandy & Shirley Morris School of Dance	10:00 – 16:00	DANCE STUDIO
	<b>CARDIFF STORYTELLING CIRCLE</b> (1 <sup>st</sup> Sunday of the month)	<b>074 1096 2266</b> cathlittle.btinternet.com	19:00 – 21:00	FIRST SPACE