

Instructor	Contact Info	Club	Venue	Day	Time	Class Type
Mr Hunt 4th Dan	Tel. 01244 831958	Saltney	Saltney Sports Centre	Monday	7pm-8pm	Mixed
				Wednesday	7pm-8pm	Mixed
Mr Williams 5th Dan	Tel. 01352 755286	Flint	The Pavilion	Tuesday	7pm-8pm	Mixed
				Thursday	6pm-7pm	Juniors
				Thursday	7pm-8pm	Adults
				Saturday	11am-12am	Juniors
		Mold	Mold Sports Centre	Saturday	9am-10am	Juniors
				Sunday	5pm-6pm	Fitness Class
				Sunday	6.15pm-7.15pm	Mixed
		Prestatyn	Prestatyn Sports Centre	Monday	7pm-8pm	Mixed
Wednesday	7pm-8pm			Mixed		
Mr Pritchard 3rd Dan	Tel. 07939425868	Ruthin	Ruthin Leisure Centre	Monday	6pm-7pm	Mixed
				Wednesday	6pm-7pm	Mixed
		Denbigh	Denbigh Leisure Centre	Wednesday	8pm-9pm	Mixed
Miss Mclean 2nd Dan	Tel. 01352 754811	Colwyn Bay	Eirias Park Leisure Centre	Monday	6pm-7pm	Juniors
				Monday	7pm-8pm	Adults
				Wednesday	6pm-7pm	Juniors
				Wednesday	7pm-8pm	Adults
		Rhyl	Rhyl Leisure Centre	Tuesday	7pm-8pm	Adults
				Thursday	6pm-7pm	Juniors
Mr Morton 2nd Dan	Tel. 07709238706	Corwen	Corwen Town Hall	Saturday	10am-11am	Mixed
		Bala	Penllyn Leisure Centre	Tuesday	7pm-8pm	Mixed