

Weekly Timetable of Events

Tel: 01785-811653 or text 07711 115462 email: waltoncommunity@gmail.com

01.09.26

Mon	STRONG Fitness - Beginners welcome Gentle Exercise U3A Talking Books U3A Sweaty Mama (fitness class - mums & babies) Craft U3A (monthly 2nd Mon) U3A Meeting (monthly 1st Mon) Prayer Meeting St John's Church (bi-monthly) Pilates Beginners - new class starts September Slimming World Clubbercise Dance Fitness - Beginners welcome	9.30-10.15am 10-11am 10.30-12.30pm 1-1.45pm 2-4pm 1.30-4pm 2.30-4pm 5.20-6.10pm 6-7.30pm 6.30-7.20pm	Presidents Chairmans Classroom Presidents Classroom Classroom Chairmans Presidents Chairmans Presidents
Tues	Pilates Beginners Family History U3A (fortnightly) Disco Line Dancing: High Beginners & Improvers Gentle Seated Exercise to Music & Social Sequence Dancing Cryptic Crosswords U3A (1st & 3rd Tues) back Sept Papercraft U3A (fortnightly 2nd & 4th Tues) Weight Watchers Fitness Pilates Beginners Disco Line Dancing: Absolute Beginners & Social Pregnancy Loss Support (bi-monthly) Rock Choir	9.30-10.30am 10.30-12.30pm 11-12 noon 1.30-2.45pm 2-4pm 2-4pm 2-4pm 6-7pm 6.20-7.10pm 7.30-9pm 6.30-8.30pm 8-9.30pm	Presidents Classroom Presidents Chairmans Presidents Classroom Classroom Chairmans Presidents Presidents Classroom Chairmans
Weds	Guitar U3A Knit, Crochet & Chat Disco Line Dancing: Absolute Beginners Diabetes Path to Remission (NHS referrals) Disco Line Dancing: Beginners & Social Conexus Tuition Stafford & Stone Combat Assassin Fitness - Beginners welcome Yoga: All Abilities Line Dancing: DISCO Stomp (last Weds monthly)	10.30-12.30pm 10.30-12.30pm 12.15-1.15pm 1-5.30pm 1.30-3pm 4-6pm 6.15-7pm 6.30-7.30pm 7.30-9.30pm	Chairmans Classroom Presidents Classroom Presidents Chairmans Presidents Classroom Presidents
Thurs	Happy Feet Italian Beginners U3A - (back in September) Private Booking Relaxation Session U3A Disco Line Dancing: Absolute Beginners Pregnancy Loss Support (bi-monthly) Sound Bath: Deep Relaxation Session (Monthly 2nd Thur) GPC Meeting (3rd Thurs monthly) Pilates 'Men on Mats' - Beginners Flower Club (last Thurs monthly)	10-11am 10-11.30am 10.15-11.45am 2.30-3.30pm 6-7pm 6.30-8.30pm 7-8pm 7-8pm 7.30-8.30pm 7.30-9.30pm	Presidents Classroom Chairmans Classroom Chairmans Classroom Presidents Classroom Chairmans Presidents
Fri	STRONG Fitness - Beginners welcome Singing for Fun U3A (fortnightly) Dressmaking & Needlecraft U3A (fortnightly) Taekwondo BINGO - Community & Social Group	9.30-10.15am 1.30-3pm 2-4pm 7-8.30pm 7.30-9.30pm	Presidents Classroom Classroom Presidents Chairmans
Sat	Slimming World Overeaters Anonymous Fitness Pilates Beginners Community Sewing Circle (monthly 2nd Sat) Child of Mine Playgroup (last Sat monthly) Line Dancing Tutorials, Courses & Socials	8.30-10am 9.15-10.15am 10.30-11.20am 12-2.30pm 2-4pm Various	Presidents Classroom Presidents Classroom Chairmans Presidents
Sun	Table Top Sale/Car Boot (fortnightly Sept-April) St John's Church - Weekly Service St John's Church - Monthly Service (last Sun)	8.30-11.30am 10.30-11.30am 6.30-7.30pm	Chairmans Presidents Presidents