

Weekly Schedule 2024

Monday

Pilates

9.15 am - 10.00 am (small)
annailes80@gmail.com

Centre Arts

4.15 pm - 8.45 pm (small)
centreats@outlook.com

Maidstone Postcards

7.15 pm - 9.30 pm (small)
(3rd Monday)
01622 843536

Tuesday

Centre Arts

4 pm - 6.15 pm (large)
6.15 pm - 7 pm (small)
centreats@outlook.com

Tai Chi

6.45 pm - 7.45 pm (large)
telisataichi@gmail.com

Zumba

8.00 pm - 9.00 pm (large)
claudia.trentino11@gmail.com

Burlesque

8.00 pm - 9.00 pm (small)
queenbeeburlesque@
hotmail.com

Wednesday

Pilates

9.15 am - 11.00 am (small)
annailes80@gmail.com

Maidara

1 pm - 4 pm (large)
(1st Wednesday)

Kent Family History

7 pm - 9.30 pm (small)
(2nd Wednesday)
keithburgess-
clements@blueyonder.co.uk

Qigong

6.45 pm - 7.45 pm (large)
www.club-chi.co.uk
info@club-chi.co.uk

Thursday

Boogie Tots

10.00 am - 11.00 am (small)
Nina 07834 694857
www.Boogietots.com

BeARA - Tai Chi

11.30 am - 12.30 pm (small)
ronlwr@live.co.uk
01622 739931

Involve

Postural Stability

12.30 pm - 2.30 pm (large)
falls.prevention@involvekent.org.uk
03000 810005

Mothers' Union

2 pm - 4 pm (small)
(2nd Thursday)
www.mothersunion.org

Fellowship

2 pm - 4 pm (small)
(3rd Thursday)
Ann 07713192369

Maidstone

Philatelic Society

7 pm - 9.30 pm (small)
(2nd & 4th Thursday)
stamp.mags@btinternet.com

Lindy Hoppers

7.45 pm - 9.45 pm (large)
trevormlh@gmail.com

Friday

St Paul's Baby & Toddler Group

9.30 am - 11.30 am
(1st Friday)

Check website for dates

Perform

3.30 pm - 6.00 pm (small)
0845 400 4024

Family Clubbercise

6.30—7.15 pm (large)
[https://bookwhen.com/
fitnesswithkellyk](https://bookwhen.com/fitnesswithkellyk)

Saturday

Centre Arts

9.00 am - 4.45 pm (small)
centreats@outlook.com

Gymnastics

9.00 am - 10.00 am (large)
bethanysamuel@icloud.com

Maidstone Arts Society

10.30 - 2 pm (large)
lesley.maidartsoc@gmail.com
(monthly)