

Weekly Schedule 2025

Monday

Pilates

9.15 - 10 am (small)
annailes80@gmail.com

Centre Arts

4.15 - 7.45 pm (large)
4.15 pm - 5 pm (small)
centrearts@outlook.com

Maidstone Postcards

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

Tuesday

'PROUD PAC'

9.45 am - 1.15 pm (large)
info@proudpac.co.uk
07707 180203

Falls Prevention

1.30 - 3.30 pm (large)
03000 810005
www.involvekent.org.uk

Yoga with Caitlyn

5.45 pm - 6.45 pm (small)
rouxcaitlyn@gmail.com
07741 329000

Tai Chi

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

Zumba

8 - 9 pm (large)
claudia.trentino11@gmail.com

Burlesque

8 - 9 pm (small)
queenbeeburlesque@
hotmail.com

Wednesday

Pilates

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

Maidara

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

Qigong

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

Thursday

Boogie Tots

10 - 11.00 am (small)
Nina 07834 694857
www.Boogietots.com

Football Fun Factory

9.45 - 10.30 am (large)
Alex 07756 189452
www.thefootballfunfactory.co.uk

BeARA - Tai Chi

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

Mothers' Union

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

Fellowship

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

Yoga Sculpt

5.45 pm - 6.45 pm (small)
rouxcaitlyn@gmail.com
07741 329000

Stamps

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

Lindy Hoppers

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

Friday

St Paul's Baby & Toddler Group

9.30 - 11.30 am
(1st Friday)
Check website for dates

Perform

3.30 - 6.00 pm (small)
0845 400 4024

UK Soul Choirs

12.15 - 2.15 pm (church)
soulchoirs.com

Saturday

Centre Arts

9 - 5 pm (small)
centrearts@outlook.com

Gymnastics

9.- 10.00 am (large)
bethanysamuel@icloud.com