

# Weekly Schedule 2026

## Monday

### **Pilates**

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

### **Centre Arts**

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

### **Maidstone Postcards**

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

## Tuesday

### **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)  
Cara Marshall  
Cara1929@outlook.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

The small hall is available  
for hire weekly from  
11.30 am

## Thursday

### **Boogie Tots**

10 - 11.00 am (small)  
Nina 07834 694857  
www.Boogetots.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 pm (small)  
0845 400 4024

### **UK Soul Choirs**

12.15 - 2.15 pm (church)  
soulchoirs.com

## Saturday

### **Centre Arts**

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

### **Gymnastics**

9 - 10 am (large)  
rubysamuel1608@gmail.com