





Kings Weald Community Centre
01444 220171
kings.weald@ageukwsbh.org.uk



Cafe Opening Hours
Monday
09:00 - 13:00
Tuesday to Friday
09:00 - 13:30

Monday	09:00 - 11:30	Tiny Tekkers	Main Hall (Ground Floor)	hello@tinytekkers.com
	09:30 - 10:30	Zumba	Studio (First Floor)	bodymovesfitness@hotmail.com
	09:30 - 10:30	Postnatal Exercise	Board Room (First Floor)	catherine@rpassociates.eu
	11:30 - 12:30	Step It Up	Main Hall	kevinmottleybootcamp@gmail.com
	14:00 - 15:00	Age UK - Tai Chi	Studio (First Floor)	Enquire at Reception
	18:00 - 19:00	FitSteps	Main Hall	debbie.mclean3@hotmail.com
	19:00 - 20:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
	19:45 - 21:00	Martial Arts	Main Hall	info@rarebreedmartialarts.co.uk
Tuesday	08:30 - 14:00	Tumble Tots	Main Hall	brighton@tumbletots.com
	10:00 - 15:00	Dementia DayBreak	Studio (First Floor)	Enquire at Reception
	17:45 - 18:45	Yogi Tides Yoga - AD-HOC (Contact Steph)	Studio (First Floor)	stephvfrancis@gmail.com AD-HOC
	18:30 - 22:00	Burgess Hill Social Dance Club	Main Hall	info@bhscd.co.uk
Wednesday	09:30 - 11:30	Tiny Tekkers	Main Hall	hello@tinytekkers.com
	09:15 - 10:15	Keep Fit	Board Room (First Floor)	iwona.pilates@gmail.com
	09:30 - 10:30	Zumba	Studio (First Floor)	bodymovesfitness@hotmail.com
	10:45 - 12:30	VB Dance	Studio (First Floor)	admin@vbdance.com
	11:30 - 12:30	Cardiac Rehab	Main Hall	bouncebackcardiacrehab@gmail.com
	13:45 - 15:15	Age UK - Curling	Studio (First Floor)	Enquire at Reception
	14:00 - 15:00	Zumba Gold - Over 50s & Beginners	Main Hall	07711243241 or Drop In (£8 a class)
	14:00 - 16:00	Solas (2nd Wednesday of Month)	Activity Room (Ground Floor)	solas22@btinternet.com
	18:00 - 19:00	Yogalates	Board Room (First Floor)	iwona.pilates@gmail.com
	18:45 - 20:00	Zumba	Main Hall	bodymovesfitness@hotmail.com
	20:00 - 21:15	Martial Arts	Main Hall	info@rarebreedmartialarts.co.uk

Thursday

	09:15 - 10:15	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	11:00 - 12:00	Age UK - Chairobics	Studio (First Floor)	Enquire at Reception
	12:00 - 13:00	Age UK - Tai Chi	Studio (First Floor)	Enquire at Reception
	14:00 - 16:00	Age UK - Art Club	Board Room (First Floor)	Enquire at Reception
	14:00 - 16:00	Family and Social History Club (Every 4th Thursday)	Activity Room (Ground Floor)	Jill 07880 544943 or Pat 07935 986244
	18:00 - 21:00	Karate	Main Hall	jason.marle2@gmail.com
Friday	09:00 - 11:00	Body With Anita	Main Hall	bodywithanita@gmail.com
	09:30 - 11:30	The Tai Chi Effect	Studio (First Floor)	relax@taichieffect.com
	10:00 - 13:30	Age UK - Lunch Club	Activity Room (Ground Floor)	Enquire at Reception
	10:45 - 11:30	Jade Mountain Tai Chi	Board Room (First Floor)	kevinmottleybootcamp@gmail.com
	18:00 - 19:00	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	18:30 - 19:30	GKR Karate	Main Hall (Ground Floor)	region38ukgkrkarate.com
	19:15 - 20:15	Martial Arts	Studio (First Floor)	info@rarebreedmartialarts.co.uk
Saturday	10:00 - 11:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
Sunday	10:30 - 11:30	Martial Arts	Studio (First Floor)	info@rarebreedmartialarts.co.uk
www.ageukwestsussex.org.uk  Kings Weald Community Centre  @AUKWS Registered Charity Number. 1086323 V1.1 - 17/10/23				



Physio Healthy - physiohealthy@outlook.com - 07927300119 - 01444221228

Tues 9am - 5pm, Weds 1.30pm - 8pm, Thurs 9am - 8pm, Fri 1.30pm - 8pm, Sat 9am - 5pm, Sun 9am - 1pm