

# WEEKLY COMMUNITY HUB TIMETABLE

## MONDAYS

09:30 - 10:15

**Morning Relaxation**

10:30 - 11:45

**Singing Mama's**  
Paused until spring 2025

13:00 - 15:00

**Disabled People's Drop-in**

17:30 - 18:30

**Kids Drama**

18:30 - 20:30

**Youth Club**

## TUESDAYS

10:00 - 11:00

**Yoga**  
For beginners.  
Starts 25/02/25

11:15 - 12:15

**Golden Oldies**  
Music & singing.  
First Tuesday of the month

12:00 - 14:00

**Lunch Club**  
Food and fun for older people

16:00 - 17:00

**JumpStart Kids**  
Fun and games for ages 5-11

## WEDNESDAYS

09:30 - 11:00

**Tea and Tots**  
Toddler Group with soft play for under 5s

14:00 - 15:30

**Fishponds Friendship & Exercise Club**  
Gentle exercise, games and refreshments

## THURSDAYS

09:15 - 10:00

**Women's Boxfit**

09:30 - 10:30

**Play and Learn Together**

11:00 - 12:00

**Women's Yoga**

11:30 - 13:00

**Soup & Social**

12:00 - 13:00

**Gospel Choir**

14:00 - 14:45

**Gentle Exercise**  
for older people

## FRIDAYS

09:30 - 11:00

**Tai Chi**  
Tai chi, qigong & shibashi

18:00 - 19:30

**Life Church Kids Club**

20:00 - 21:30

**Life Church Youth Club**

## SATURDAYS

18:00 - 21:00

**Dungeons & Dragons**  
Starts 22/02/25



**WANT MORE DETAILS?**

[www.vassallcommunityhub.org.uk](http://www.vassallcommunityhub.org.uk)

Activities that require booking should be booked directly with the activity organiser.

Visit our  
**Community Notice Board**  
For more events & activities