



ASTON-CUM-AUGHTON PARISH HALL (Reg Charity – 518491)



Manager – Mrs K A Butler BEM
Secretary – Mrs M Haigh

Tel: 0114 2879008
info@astonparishhall.co.uk

MONDAYS

Energised Fitness (Fitness Class)

11.15 am – 12 Noon

Music Bugs – (children up to 4 years of age – school term time)

12.15 pm – 2.30 pm

Yoga Session

6.00 pm – 6.45 pm

TUESDAYS

Baby Group

10.00 am – 11.30 am

Ladies Circle (Usually first and third Tuesday each month)

Commencing 7.00 pm

Parish Council Meetings (Second Tuesday each month except August)

Commencing 6.30 pm

Tai-Chi Session

6.30 pm – 7.30 pm

WEDNESDAYS

Swallownest Bowling Club (seasonal – contact Parish Council Office for dates)

2.00 pm – 4.00 pm

Slimming World

5.00 pm – 8.00 pm

THURSDAYS

Todwick Bowling Club (seasonal – contact Parish Council Office for dates)

10.00 am – 12 Noon

Children's Music Workshop

4.00 pm – 5.00 pm

Meditation & Mindfulness Class

6.15 pm – 7.15 pm

Karate (Children and Adults)

7.15 pm – 8.45 pm

FRIDAYS

Chatty Cafe

10.00 am – 12 Noon

Armchair Aerobics

10.30 am – 11.30 am

Youth Club Session (school years 5, 6 & 7)

5.00 pm – 6.30 pm

SATURDAYS

Tai-Chi Session

9.00 am – 10.30 am

SUNDAYS

Tai-Chi Session

4.00 pm – 5.00 pm