



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	6.00 pm – 7.00 pm
Karate (Children and Adults)	7.15 pm – 8.45 pm

FRIDAYS

Chatty Cafe	10.00 am – 12 Noon
Armchair Aerobics	10.30 am – 11.15 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

Elmtree Dog Training Sessions	10.00 am – 12 Noon
Tai-Chi Session	4.00 pm – 5.00 pm