

KNOYLE HALL

These groups meet regularly in the Knoyle Hall.

For further information please email knoylehall@yahoo.co.uk and your request will be passed on

Monday to Friday
[term time only]

Beacon Arts

See the website for full details of classes in Ballet, Art, Music and Drama. www.beaconarts.co.uk

Tuesdays 5.30 pm

Slimming World

The club with the big heart...call Mandy 01273 542827 for more details or come along at 5.30pm on Tuesdays, no obligation to join.
www.slimmingworld.com/slimwithmandy

Wednesdays 9.30 am

Preston Park U3A Tai Chi & Badminton

Thursday mornings
[term time only]

Dragonflies

A volunteer led playgroup for babies and children under 5 with a wide range of fun activities including arts and crafts, singing, stories and a delicious healthy snack, as well as cakes, tea and coffee. Everyone welcome.

Thursdays 7.00 pm

Taekwon-do

A martial art for fitness and self defence, a very friendly group for 12 years upwards, all abilities, men, women, boys and girls.

Contact: Howard Mayes 01273 508120

www.martialarts-brighton.co.uk

Fridays 10.00 am

Rosemary Conley Diet & Fitness Clubs

Each session is £6, membership is FREE, and diet pack costs £10. However, pay £12 for your first two weeks to receive the pack for FREE.

Please wear something comfortable to exercise in such as trainers, loose trousers and a t-shirt. Bring a small bottle of water and a mat or towel for the (optional) floor exercises. Exercise only members welcome too.

For further information contact Lesley Jeavons on 01273 915097 or click link below to email her

lesley.jeavons@rosemaryconley.com. Or visit the

website www.rosemaryconley.com/franchisee/JENS

Fridays 2.00 pm

Preston Friday Club

Fridays 7.30pm

Brighton, Hove & District Scottish Association

Occasional Friday evenings

Sussex Vintage Model Railway Collectors

Saturday & Sunday monthly

Biodanza Vital Development

Saturday & Sunday monthly

Brighton Dance

1st Thursday of each month

Preston Park U3A