

Mondays		
Walk & Talk (Women only)	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
Bodyworks (Mens only) <small>Cannot be booked as well as Body Weight Circuit Starts 15<sup>th</sup> September</small>	10.00am - 10.45am	KHL (Book via KHL)
Body Weight Circuit (Mens only) <small>Cannot be booked as well as Bodyworks</small>	11.00am - 11.45pm	KHL (Book via KHL)
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Pilates Yoga <small>Cannot be booked as well as Somatic Yoga Returns 8<sup>th</sup> September</small>	12.15pm - 1.00pm 1.15pm - 2.00pm	KHL (Book via KHL)
Lets Cook Together: Asian Cuisine <small>Starts 15<sup>th</sup> September - Six sessions</small>	1.30pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group <small>1st, 8th, 15<sup>th</sup> September</small>	1.30pm - 3.30pm	KHL (Book via KHL)
Skipton Hearts Support Group <small>15th September</small>	6.00pm - 7.30pm	Quaker Meeting Room, Skipton, BD23 2JA (Drop in)
Tuesdays		
Conversation Café	10.00am - 11.45am	KHL (Drop in)
BalletBeFit (women only) <small>Returns 9<sup>th</sup> September</small>	10.00am - 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class <small>Returns 9<sup>th</sup> September</small>	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class) <small>Returns 16<sup>th</sup> September</small>	10.00am - 12.00pm or 1.15pm - 2.45pm	KHL (Book via KHL)
Movement Matters with Mary Parkinson <small>Online class</small>	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Maternity Circle (fortnightly) <small>2nd &amp; 4th Tuesday of the month</small>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Sit & Stay Fit <small>Returns 9<sup>th</sup> September</small>	12.15pm - 1.00pm	KHL (Book via KHL)
Art for Beginners <small>Starts 23<sup>rd</sup> September - 5 week course</small>	12.30pm - 2.30pm	KHL (Book via KHL)
Exercise & Tone (women only) <small>Returns 9<sup>th</sup> September</small>	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (monthly) <small>9<sup>th</sup> September</small>	1.00pm - 3.00pm	Central Hall, Alice Street, BD21 3JD (Book via KHL)
Rethinking Pain Exercise Group	1.00pm - 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 2.45pm - 3.45pm at The Hive, Silsden BD20 0DE (Book via KHL)	
Cardio Exercise (women only) <small>Returns 9<sup>th</sup> September</small>	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593 791682 to book)
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Maternity Circle (monthly) <small>Last Wednesday of the month</small>	9.30am - 11.00am	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Art4All (Drawing and painting class) <small>Returns 17<sup>th</sup> September</small>	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
DDMIX (Dance Exercise)	10.00am - 10.50am	Civic Hall (Book via KHL)
Maternity Circle (fortnightly) <small>1st &amp; 3rd Wednesday of the month</small>	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)

