



Mondays		
Baby Day Mondays!	9.30am - 2.30pm	Keighley Community & Family Hub (Drop in)
Walk & Talk (Women only)	10.00am - 11.00am	KHL (Book via KHL)
Introduction to Fitness No class 20 and 27 July	10.00am - 10.45am	KHL (Book via KHL)
Keighley Hearts Support Group (monthly) 20 July	10.30am - 12.00pm	Sight Airedale (Drop in)
Maternity Circle (monthly) Last Monday of the month	11.00am - 12.30pm	Salvation Army, Keighley, BD21 2LJ (Drop in)
Body Weight Circuit (Mens only) No class 20 and 27 July	11.00am - 11.45pm	KHL (Book via KHL)
Seated Pilates Yoga Extra class added!	12.15pm - 1.00pm 1.15pm - 2.00pm 2.15pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group 6 and 20 July	1.30pm - 3.30pm	KHL (Book via KHL)
Cancer Support Group 6 and 20 July	2.00pm - 3.30pm	IG Medical, Ilkley Moor Medical Practice, LS29 8TH (Book via KHL)
Tuesdays		
Conversation Café No session 28 July	10.00am - 11.45am	KHL (Drop in)
BalletBeFit (Women only) No class 21 and 28 July	10.00am - 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class No class 21 and 28 July	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class) Finishes for Summer 14 July	10.00am - 12.00pm or 12.30pm - 2.00pm	KHL (Book via KHL)
Movement Matters with Mary Parkinson	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Maternity Circle (fortnightly) 2nd & 4th Tuesday of the month	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Seated & Strength Training No class 21 and 28 July	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Exercise & Tone (Women only) No class 21 and 28 July	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group 7 and 21 July	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)	
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Art4All (Drawing and painting class) Finishes for Summer 14 July	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
DDMIX (Dance Fitness) No class 22 and 29 July	10.00am - 10.45am	Civic Hall (Book via KHL)
Gardening Group	10.00am - 11.45am	KHL (Book via KHL)
Maternity Circle	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)

Wednesdays		
Maternity Circle (monthly) Last Wednesday of the month	10.30am - 12.30pm	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Fit-Start	11.00am – 11.45am	Civic Hall (Book via KHL)
Seated Zumba® Gold No class 15 July	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX and Sit (Women only) No class 22 and 29 July	11.10am - 11.55pm	Sangat Centre (call 01535 610263 to book)
Sit & Stay Fit No class 22 and 29 July	12.15pm - 1.00pm	KHL (Book via KHL)
Welcome Space Drop In	12.30pm - 2.30pm	KHL (Drop in)
Give it a go 7-week course started 3 June	1.30pm - 3.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) 1 July	5.30pm - 7.00pm	KHL (Drop in)
Thursdays		
Maternity Circle (monthly) 16 July	9.30am - 11.30am	Keighley Community and Family Hub, Airedale Shopping Centre (Drop in)
Wharfedale Wellness Together Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Games & Craft Café	10.00am - 11.45am	KHL (Drop in)
Core and Floor (Women only) No classes 9, 23, and 30 July	10.00am – 10.45am	Civic Hall (Book via KHL)
Cardio Conditioning No classes 9, 23, and 30 July	11.00am - 11.45am	Civic Hall (Book via KHL)
Keighley History Walk	11.00am – 12.00pm	Meet at KHL (Book via KHL)
Seated Yoga Style Stretch No classes 9, 23, and 30 July	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities) Finishes for Summer 23 July	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Bhangra & Balance No class 23 and 30 July	1.30pm - 2.15pm	Highfield Community Centre (Book via KHL)
Singing Group 2 and 9 July	1.30pm - 2.45pm	KHL (Book via KHL)
Rethinking Pain Support Group 16 July	2.00pm - 3.30pm	KHL (Drop in)
Fridays		
Maternity Circle (monthly) 1st Friday of the month	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Zumba® Gold No class 8 and 17 July	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Seated Zumba® Gold No classes 8 and 15 July	1.30pm - 2.15pm	Silsden Town Hall (Book via KHL)
By Appointment		
Young Parents 1:1 Support	Various times available	Contact Flora on 07920432428 - Booking is essential
Pregnancy and Parenting Sessions		
Keighley Pathways Wellbeing Service		
Keighley Pathways Health & Wellbeing with KHL 1:1 support - appointment only	Tuesdays 1.00pm - 5.00pm	KHL (call 01535 677177 to book)