



KHL is turning 25! Join us at our Open Day as we celebrate our achievements over the years and the positive impact we've made in our community.

Wednesday 30 September | 10.30am - 2.30pm

Please note, there will be no classes running at KHL on this day.



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)
Cook Confident: Asian Cuisine <i>7 and 14 Sept</i>	10.00am - 11.30am 1.30pm - 3.00pm	KHL (Book via KHL)
Introduction to Fitness <i>Restarts 7 Sept</i>	10.00am - 10.45am	KHL (Book via KHL)
Keighley Hearts Support Group (monthly) <i>21 Sept</i>	10.30am - 12.00pm	KHL (Drop in)
Maternity Circle (monthly) <i>Last Monday of the month</i>	11.00am - 12.30pm	Salvation Army, Keighley, BD21 2LJ (Drop in)
Body Weight Circuit (Mens only) <i>Restarts 7 Sept</i>	11.00am - 11.45pm	KHL (Book via KHL)
Seated Pilates Yoga <i>Restarts 7 Sept</i> <i>12.15pm class will change to Sit & Stand Pilates as of 14 Sept</i>	12.15pm - 1.00pm 1.15pm - 2.00pm 2.15pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group <i>7, 14, 21 Sept</i>	1.30pm - 3.30pm	KHL (Book via KHL)
Cancer Support Group <i>7 and 21 Sept</i>	2.00pm - 3.30pm	IG Medical, Ilkley Moor Medical Practice, LS29 8TH (Book via KHL)

Tuesdays

Conversation Café	10.00am - 11.45am	KHL (Drop in)
Dance Fit <i>Starts 15 Sept</i>	10.00am - 10.45am	Civic Hall (Book via KHL)
Fit-Start <i>Restarts 15 Sept</i>	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class) <i>Restarts 15 Sept</i>	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
Bhangra & Balance <i>Starts 15 Sept</i>	11.10am - 11.55	Sangat Centre (Book via KHL)
Maternity Circle (fortnightly) <i>2nd & 4th Tuesday of the month</i>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Seated & Strength Training <i>Restarts 15 Sept</i>	12.15pm - 1.00pm	Civic (Book via KHL)
Exercise & Tone (Women only) <i>Restarts 15 Sept</i>	1.30pm - 2.15pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group <i>1 and 15 Sept</i>	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) Restarts 16 Sept	10.00am – 12.00pm or 12.30pm – 2.30pm	KHL (Book via KHL)
Gardening Group	10.00am - 11.45am	KHL (Book via KHL)
BalletBeFit (Women only) Restarts 16 Sept	10.00am – 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class Restarts 16 Sept	11.00am – 11.45am	Civic Hall (Book via KHL)
Maternity Circle	10.30am – 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Maternity Circle (monthly) Last Wednesday of the month	10.30am - 12.30pm	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
Sit & Stay Fit Restarts 9 Sept No class 30 Sept	12.15pm - 1.00pm	KHL (Book via KHL)
Welcome Space Drop In	12.30pm - 2.30pm	KHL (Drop in)
Maternity Circle Pregnancy Group (monthly) 2 Sept	5.30pm - 7.00pm	KHL (Drop in)
Thursdays		
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) Restarts 10 Sept	10.00am – 10.45am	Civic Hall (Book via KHL)
Cardio Conditioning Restarts 10 Sept	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 Restarts 10 Sept	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Singing Group Restarts 3 Sept	1.30pm - 2.45pm	KHL (Book via KHL)
Bhangra & Balance Starts 17 Sept	1.45pm - 2.30pm	Highfield Community Centre (Book via KHL)
Rethinking Pain Support Group 17 Sept	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)
Dance Fit Starts 18 Sept No class on 25 Sept	10.00am - 10.45am	Civic Hall (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Seated Yoga Style Stretch Starts 18 Sept	12.15pm - 1.00pm	Silsden Town Hall (Book via KHL)
By Appointment		
Young Parents 1:1 Support	Various times available	Contact Flora on 07920432428 - Booking is essential
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)