KHL Healthy Living

Activity List: November 2026

Scan this code or visit www.khl.org.uk to see our online calendar:

Email: admin@khl.org.uk
Telephone: 01535 677177
Address: 13 Scott Street, Keighley, BD21 2JH

Mondays		
Baby Day Mondays	9.30am - 2.00pm	Keighley Community & Family Hub (Drop in)
Walk & Talk (Women only)	10.00am - 11.00am	KHL (Book via KHL)
Introduction to Fitness	10.00am - 10.45am	KHL (Book via KHL)
Keighley Hearts Support Group (monthly) 16 Nov	10.00am - 11.45am	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 (Men only)	11.00am - 11.45pm	KHL (Book via KHL)
Sit & Stand Pilates Cannot be booked as well as seated pilates yoga	12.15pm - 1.00pm	KHL (Book via KHL)
Cook Confident: Asian Cuisine Four week course, 2 Nov - 23 Nov	1.30pm - 3.00pm	KHL (Book via KHL)
Seated Pilates Yoga	1.15pm - 2.00pm 2.15pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group 2, 9, 16 Nov	1.30pm - 3.30pm	KHL (Book via KHL)
Cancer Support Group 2 & 16 Nov	2.00pm - 3.30pm	IG Medical, Ilkley Moor Medical Practice, LS29 8TH (Drop in)
Tuesdays		
Conversation Café	10.00am – 11.45am	KHL (Drop in)
Dance Fit	10.00am - 10.45am	Civic Hall (Book via KHL)
Art4All (drawing and painting class)	10.00am – 12.00pm or 1.15pm - 2.45pm	KHL (Book via KHL)
Movement Matters with Mary Parkinson	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Fit-Start	11.00am - 11.45am	Civic Hall (Book via KHL)
Bhangra & Balance	11.10am - 11.55am	Sangat Centre (Book via KHL)
Seated & Strength Training	12.15pm - 1.00pm	Civic (Book via KHL)
Exercise & Tone (Women only)	1.30pm - 2.15pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group 3 & 17 Nov	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 (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)	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)	10.00am – 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class	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	12.15pm - 1.00pm	KHL (Book via KHL)
Welcome Space Drop In	12.30pm - 2.30pm	KHL (Drop in)
Give it a Go 6 week course, starts 4 Nov	1.30pm - 3.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) 4 Nov	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)	10.00am – 10.45am	Civic Hall (Book via KHL)
Cardio Conditioning	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	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	1.30pm - 2.45pm	KHL (Book via KHL)
Bhangra & Balance	1.45pm - 2.30pm	Highfield Community Centre (Book via KHL)
Rethinking Pain Support Group 19 Nov	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	10.00am - 10.45am	Civic Hall (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Weigh Better Together 6 week weight loss programme, starts 6 Nov	10.30am - 11.30am	KHL (Book via KHL)
Seated Yoga Style Stretch	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)

AUTUMN FUNDRAISER

Join us for our annual community fundraising event, with plenty of activities, stalls and opportunities to support KHL.

24th November | 10:15 - 11:45AM

During Conversation Cafe at KHL