



Movement **Conversation.** **Connection.**

OUR COMMUNITY TIMETABLE

Find a Free Community Exercise Class Near You (Term Time)



Find a Free Community Exercise Class Near You (Term Time)

Join us at a FREE, friendly exercise and wellbeing class near you. Our classes run during term time – there’s no need to book, you can just turn up to find out more.

They’re perfect if you’re new to fitness or just want a fun, supportive way to move.



OUR BIRMINGHAM CENTRES

APNA GHAR - 21-22 Clevedon Road, Balsall Heath, Birmingham, B12 9HD

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	11.30AM-12:30PM	IMRAN

Ashiana Community Project - 25 Grantham Rd, Sparkbrook, Birmingham B11 1LU

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	MONDAY	10.30AM-11:30PM	IMRAN
SEATED EXERCISE	SATURDAY	10.30AM-11:30PM	IMRAN

Bartley Green Community Hub - 26-30 Hillwood Rd, Birmingham B31 1DN

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	THURSDAY	11AM-12PM	IMRAN

Bell's Farm Community Centre - Bells Farm Close, Kings Norton, B14 5QP

FREE CLASS	DAY	TIME	COACH
OVER 50's SEATED EXERCISE	WEDNESDAY	11AM-12PM	ED

Birmingham Asian Resource Centre - St Silas Church, 80 Lozells Rd, Lozells, Birmingham B19 2TD

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	THURSDAY	12:30PM-1:30PM	KETURAH



Brandwood Community Centre - 157 Allens Croft Rd, Kings Heath, Birmingham, B14 6RP

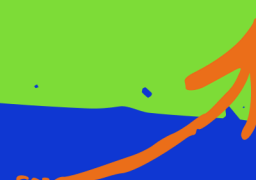
FREE CLASS	DAY	TIME	COACH
ZUMBA GOLD	MONDAY	11AM-12PM	KETURAH
SEATED TAI CHI	MONDAY	1PM-2PM	AFSHA
BODY BALANCE	MONDAY	6PM-7PM	KETURAH
ZUMBA	MONDAY	7PM-8PM	KETURAH
WOMENS ONLY FITNESS	WEDNESDAY	9AM-10AM	SAM S
MENS ONLY FITNESS	WEDNESDAY	11:30AM-12:30PM	SAM S
SEATED FITNESS	WEDNESDAY	12:30PM-1:30PM	SAM S
ADULT BOXERCISE	SATURDAY	9AM-10AM	SEAN

CASE - Farmers Walk, 27 Ullenwood, Handsworth, Soho, Birmingham, B21 0JD

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	12:30PM	PATRICIA

Deaf Cultural Centre - Ladywood Rd, Birmingham B16 8SZ

FREE CLASS	DAY	TIME	COACH
ADULT CIRCUITS	MONDAY	10AM-11AM	VAL
SEATED EXERCISE	MONDAY	11AM-12PM	VAL
LUNCH CLUB DROP-IN	MONDAY	12PM-12:30PM	VAL
ADULT BOXERCISE	MONDAY	12:30PM-1:30PM	VAL





Dorothy Parkes - Church Rd, Smethwick B67 6EH

FREE CLASS	DAY	TIME	COACH
ADULT CIRCUITS	MONDAY	9:30AM-10:30AM	ED
WOMEN ONLY BOXING	MONDAY	10.30AM-11:30AM	ED

Edgbaston Community Centre - 40 Woodview Dr, Birmingham B15 2HU

FREE CLASS	DAY	TIME	COACH
WELLBEING & DANCE	MONDAY	2PM-3PM	VAL
JUNIOR FITNESS	MONDAY	3:15PM-4PM	VAL

Glebe Farm Community Hub - 52 Glebe Farm Rd, Birmingham B33 9NA

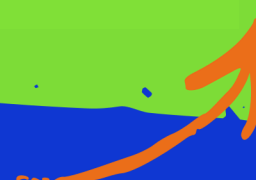
FREE CLASS	DAY	TIME	COACH
COMMUNITY EXERCISE	MONDAY	1PM-2PM	PATRICIA

Glebe Farm Library - Glebe Farm Road, Stechford, B33 9NA

FREE CLASS	DAY	TIME	COACH
LOW IMPACT EXERCISE	FRIDAY	12:15PM-1:15PM	ED

GHULAB ASHRAM - 18 Whisley Brook Lane, Birmingham B28 8SR

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	3PM-4PM	IMRAN





Hawkesley Community Centre - Edgewood Rd, King's Norton, Birmingham B38 9RN

FREE	DAY	TIME	COACH
ADULT CIRCUIT	THURSDAY	5:30PM-6:30PM	SEAN
SEATED EXERCISE	FRIDAY	12PM-1PM	TONY

Holloway Hall Community Association - Holloway, Bartley Green, Birmingham, B31 1TT

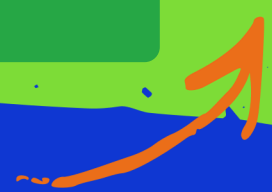
FREE CLASS	DAY	TIME	COACH
WOMENS ONLY FITNESS	THURSDAY	9:30AM-10:30AM	SHARON
KIDS MULTISPORTS/ BOXERCISE	THURSDAY	4:30PM-5:30PM	MYLES

James Lloyds Trust - 219 Heath Road, Bourneville, Birmingham B301RU

FREE CLASS	DAY	TIME	COACH
LOW IMPACT EXERCISE	FRIDAY	12:15PM-1:15PM	IMRAN

Lakeside Children Centre- 22 Lakes Road Erdington Birmingham

FREE CLASS	DAY	TIME	COACH
KIDS BOXERCISE	FRIDAY	3:45PM-4:45PM	OMEIL





Lodge Road Church Centre URC- Lodge Rd Centre, 143/4 Lodge Road, Winson Green, Birmingham B18 5BU

FREE CLASS	DAY	TIME	COACH
KID SKATING	MONDAY	2PM-3PM	N9NE
KIDS BOXERCISE	MONDAY	5PM-6PM	N9NE
ADULT BOXERCISE	MONDAY	6PM-7PM	N9NE
TAI CHI	MONDAY	7PM- 7:45PM	N9NE
WOMENS STRENGTH AND STRETCH	TUESDAY	2PM-3PM	N9NE /KETURAH
KIDS SKATING	TUESDAY	3PM-5PM	N9NE
ADULT SKATING	TUESDAY	5PM-6PM	N9NE
YOUTH SK8	WEDNESDAY	6PM-7PM	N9NE
TAI CHI	WEDNESDAY	5PM-6PM	N9NE
ADULT SKATING	WEDNESDAY	6PM-7PM	N9NE
KID SKATING	THURSDAY	7PM-9PM	N9NE
ADULT SKATING	THURSDAY	3PM-5PM	N9NE
BADMINTON	THURSDAY	5PM-7PM	N9NE
BADMINTON	THURSDAY	7PM-7:45PM	N9NE

Milebrook Community Hall- 143-151 Field Ln, Birmingham B32 4ER

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	THURSDAY	10:45AM- 11:45AM	SHARON

Moorefield Hall - 84-80 Hartshill Rd, Shard End, Birmingham B34 6QX

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	FRIDAY	11AM-12PM	KETURAH





Nechells Pod - 28 Oliver St, Nechells, Birmingham B7 4NX

FREE CLASS	DAY	TIME	COACH
AEROBICS	THURSDAY	10AM-11AM	PATRICIA
SEATED EXERCISE	THURSDAY	11AM-12AM	PATRICIA

New Heights Warren Farm Community Project - 125 Warren Farm Rd, Kingstanding, Birmingham B44 0QN

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	10AM-11AM	KETURAH
FAMILY FITNESS	WEDNESDAY	3:15PM-4:15PM	KETURAH

Oasis Community Hub Foundry and Boulton - Benson Road, BIRMINGHAM, B18 5TD

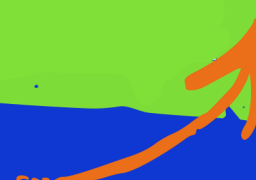
FREE	DAY	TIME	COACH
TAI CHI	THURSDAY	10:30AM-11:30AM	NIDHI

Pheasey Community Hub - Hillingford Ave, Birmingham B43 7HN

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	MONDAY	1PM-2PM	SAM S
WOMENS ONLY EXERCISE	THURSDAY	1PM-2PM	SAM S

Old Brookside - Yardley Field Road, Stechford, Birmingham, B33 8QL

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	FRIDAY	1:30PM-2:30PM	KETURAH





Quinbourne Community Centre - 80 Ridgacre Rd, Quinton, Birmingham B32 2TW

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	1:30PM-2:30PM	TONY

Saheli Hub - Corner of Cheddar &, Edward Rd, Balsall Heath, Birmingham B12 9L

FREE CLASS	DAY	TIME	COACH
ZUMBA	MONDAY	9:15AM-10:15AM	PATRICIA
HIIT	MONDAY	10:30AM- 11:15AM	PATRICIA
SEATED EXERCISE	MONDAY	11:30AM- 12:15PM	PATRICIA

Scrapstore, Hollymoor Centre- Manor Park Grove, Northfield, B31 5E

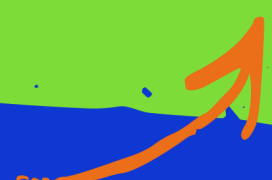
FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE FOR OVER 50's	WEDNESDAY	12:15PM-1:15PM	ED

The Shires - 219 Wake Green Rd, Moseley, Birmingham B13 9PQ

FREE CLASS	DAY	TIME	COACH
WOMENS CIRCUITS	TUESDAY	6.30PM-7:30PM	AFSHA
ACTIVE SENIORS	FRIDAY	12PM-1PM	AFSHA

St Barnabas Church & Community Hub - 152-156 High St, Erdington, Birmingham, B23 6SY

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	11AM-12PM	KETURAH
WOMEN ONLY FITNESS	THURSDAY	10AM-11PM	SAM S
KIDS BOXERCISE	THURSDAY	11AM-12PM	SAM S





St Gabriels Church - Marston Road, Shenley Lane Weoley Castle B29 5PL

FREE CLASS	DAY	TIME	COACH
KIDS MULTISPORTS/ BOXERCISE	THURSDAY	4:30PM-5:30PM	MYLES

St. Germain's Community Hub - City Road, Edgbaston, B17 8LE

FREE CLASS	DAY	TIME	COACH
KEEP FIT WHILE YOU SIT	WEDNESDAY	2:30PM-3:30PM	ED
KIDS BOXERCISE	WEDNESDAY	3:45PM-4:45PM	ED

St James And St Peter's Church - Darnley Road, Birmingham, B16 8TF

FREE CLASS	DAY	TIME	COACH
KIDS BOXERCISE	FRIDAY	4:30PM-5:30PM	SEAN

Unity Hubb, St. Margaret's Church - St. Margaret's Church, St Margaret's Rd, Ward End, Birmingham B8 2BA

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	12PM - 12.45PM	SELINA
SEATED STRETCH	TUESDAY	1PM - 1.45PM	SELINA
SEATED EXERCISE	WEDNESDAY	10AM-11AM	IMRAN
FITNESS FOR ALL	THURSDAY	11.30AM-12:30PM	SELINA

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	12PM - 12.45PM	SELINA
SEATED STRETCH	TUESDAY	1PM - 1.45PM	SELINA
SEATED EXERCISE	WEDNESDAY	10AM-11AM	IMRAN
FITNESS FOR ALL	THURSDAY	11.30AM-12:30PM	SELINA





UPLIFT COMMUNITY HUB - Birmingham City Foundation Hub, Emmeline Street, Birmingham, B9 4N

FREE CLASS	DAY	TIME	COACH
KIDS BOXERFIT	TUESDAY	5:30PM-6:30PM	IMRAN
SEATED EXERCISE	TUESDAY	6:30PM-7:30PM	IMRAN
MENS FITNESS	TUESDAY	7:30PM-8:30PM	IMRAN

Welcome Change, Shard End- Ownall Road, Shard End, B34 7AJ

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	11:15AM-12:15AM	KETURAH
SEATED EXERCISE FOR OVER 50'S	FRIDAY	11AM-12AM	ED

Wellington Court - Brook Lane, Edgbaston, Birmingham B32 2DP

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	THURSDAY	10:30AM-11:30AM	TONY

Windsor Olympus Academy - Perrott St, Smethwick, Birmingham B18 4LX

FREE CLASS	DAY	TIME	COACH
ZUMBA	WEDNESDAY	10:30AM-11:30AM	NIDHI

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Baginton Village Hall - Frances Rd, Baginton, Coventry CV8 3AB

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	FRIDAY	9AM-10AM	SAM A

Benn Partnership Centre - Railway Terrace, Rugby CV21 3HR

FREE CLASS	DAY	TIME	COACH
TAI CHI	MONDAY	9:30AM-10:30AM	SAM A
WOMENS ONLY	MONDAY	12:30PM-1:30PM	SAM A
SEATED EXERCISE	TUESDAY	10:45AM-11:45AM	SAM A
TAI CHI	TUESDAY	1PM-2PM	SAM A

Foleshill Community Centre - 111-113 Foleshill Road, Coventry CV1 4JU

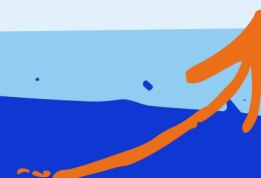
FREE CLASS	DAY	TIME	COACH
WOMENS ONLY PILATES	TUESDAY	5:30PM-6:30PM	ISLA
WOMENS ONLY CIRCUIT	THURSDAY	9:30AM-10:30AM	ISLA
SEATED EXERCISE	THURSDAY	10:30AM-11:30AM	ISLA

Kenilworth Community Centre - Abbey End, Kenilworth CV8 1QJ

FREE CLASS	DAY	TIME	COACH
WOMENS ONLY EXERCISE	WEDNESDAY	11AM-12PM	NATASHA

The Olton Project - Kineton Green Rd, Olton, Solihull B92 7DY

FREE CLASS	DAY	TIME	COACH
WOMENS EXERCISE	TUESDAY	10:30AM-11:30AM	AFSHA
WOMENS STRENGTH AND BALANCE	WEDNESDAY	1PM-2PM	AFSHA



OUR WEST MIDLANDS CENTRES



Pine Tree Community Centre - Pine Tree Road, Bedworth, CV12 9BG

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	MONDAY	10:30AM-11:30AM	SAM A
TAI CHI	WEDNESDAY	2PM-3PM	SAM A

St Francis Employability - St Francis of Assisi Church, Links Road, Radford, Coventry, CV6 3DQ

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	1PM-2PM	NATASHA

OUR GREATER LONDON CENTRES

Majorie Collins Day Centre- Majorie Collins Grove Road, Romford, RM6 4XF

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	MONDAY	11AM-12PM	JAMES
SEATED EXERCISE	MONDAY	12PM-1PM	JAMES

St Martins Church- St Martins Church, Becontree Goresbrook Road, Dagenham RM9 6UX

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	MONDAY	2PM-3PM	JAMES

Waltham Forest Community Hub- 18A Orford Road London E17 9LN

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	THURSDAY	2:30PM-3:30PM	DANIELLE





Croft Community Centre- Croft Community Centre, Smithy Lane, Croft, Warrington WA3 7JE

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	9:30AM-10:30AM	SHARMA
ADULT CIRCUITS	WEDNESDAY	10:30AM-11:30AM	SHARMA

Fearnhead Community Centre- Fearnhead Community Centre, Insall Rd, Fearnhead, Warrington WA2

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	THURSDAY	11AM-12PM	SHARMA

Greenwood Community Centre- Greenwood Community Centre, Thames Cl, Warrington WA2 0FG

FREE CLASS	DAY	TIME	COACH
ADULT CIRCUITS	THURSDAY	9:30AM-10:30AM	SHARMA

Harpurhey Neighbourhood Project- Conran Street, Harpurhey, Manchester, M9 5PR

FREE CLASS	DAY	TIME	COACH
KIDS BOXERCISE	TUESDAY	4PM-5PM	ADAM
WOMENS ONLY BOX	TUESDAY	5:30PM-6:30PM	ADAM
ADULTS CIRCUITS	TUESDAY	6:30PM-7:30PM	ADAM

Orford Community Centre- Orford Community Centre 102 Hughes Ave, Warrington WA2 9EW

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	FRIDAY	9:30AM-10:30AM	SHARMA
ADULT CIRCUITS	FRIDAY	10:30AM-11:30AM	SHARMA

Padgate Community Centre- Padgate Community Centre Station Rd S, Padgate, Warrington WA2 0QS

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	1PM-2PM	SHARMA
SEATED EXERCISE	TUESDAY	2PM-3PM	SHARMA



Compass Charity- 27, Rivergate Arcade, Viersen Platz, Peterborough PE1 1E

FREE CLASS	DAY	TIME	COACH
WOMEN ONLY CIRCUIT	THURSDAY	10AM-11AM	SAM
SEATED EXERCISE	THURSDAY	11AM-12AM	SAM
TAI CHI	THURSDAY	12:15PM-13:15PM	SAM

Evangelical Church- The ST, Little Totham Maldon CM9 8JQ

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	9AM-10AM	JAMES

King's Hall- Burnham 2 Arcadia Rd, Burnham-on-Crouch CM0 8EF

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	9AM-10AM	JAMES

Maylands Community Centre- Lawling Park Hall, Katonia Avenue, Essex, CM36AD

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	12PM-1PM	JAMES

North Fambridge Village Hall- FERRY ROAD, North Fambridge

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	2PM-3PM	JAMES

Plantation Hall- Colchester Road, Heybridge, Maldon, CM94AL

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	TUESDAY	2PM-3PM	JAMES
SEATED EXERCISE	TUESDAY	3PM-4PM	JAMES



OUR EAST ENGLAND CENTRES



South Woodham Village Hall- 25 Hullbridge Rd, Chelmsford CM3 5P

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	12:30PM- 1:30PM	JAMES

Wickham Bishop Village Hall -Church Road, Wickham Bishop

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	WEDNESDAY	10.30AM - 11.15AM	JAMES
SEATED EXERCISE	WEDNESDAY	11.15AM - 12PM	JAMES

OUR EAST MIDLANDS CENTRES

Ladybrooke Community Centre- Ladybrook Ln, Mansfield NG18 5JJ

FREE CLASS	DAY	TIME	COACH
PILATES	TUESDAY	10AM-11AM	VAL
DANCE FITNESS	TUESDAY	11AM-12AM	VAL
LOW IMPACT EXERCISE	TUESDAY	12:30PM- 1:15PM	VAL
STEADY STEPS	TUESDAY	1:15PM- 2PM	VAL

Hinckley United Reformed Church - The Borough, Hinckley LE10 1NL

FREE CLASS	DAY	TIME	COACH
SEATED EXERCISE	FRIDAY	10AM-11AM	SAM
TAI CHI	FRIDAY	11:15AM - 12:15PM	SAM

