

Activity List - April 2025

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Please note, any groups highlighted in yellow will not be running during the Easter holidays:

Monday 7th April - Tuesday 22nd April

Mondays		
Walk & Talk (women only)	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
Body Weight Circuit (Mens Only) Starts 28th April	11.15am - 12.00pm	KHL (Book via KHL)
Parkinson's Support Group 7th, 14th April	1.30pm - 3.30pm	KHL (Book via KHL)
Angelic Reiki Group No group in April	6.00pm - 8.00pm	Call 07712804538 to book
Skipton Hearts Support Group 14th April	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)	10.00am - 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
Movement Matters with Mary Parkinson Online class	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Sit & Stay Fit	12.15pm - 1.00pm	KHL (Book via KHL)
Maternity Circle (fortnightly) 2nd & 4th Tuesday of the month	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Exercise & Tone (women only)	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (monthly) 15th April	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 Blast (women only)	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) Last Wednesday of the month	9.30am - 11.00am	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Art4All (Drawing and painting class)	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) 1st & 3rd Wednesday of the month	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX and Sit (women only)	11.25am - 12.10pm	Sangat Centre (call 01535 610263 to book)
Maternity Circle (fortnightly) 2nd & 4th Weds of the month	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Maternity Circle Pregnancy Group (monthly) 2nd April	5.00pm - 7.00pm	KHL (Drop in)

Thursdays		
Maternity Circle (monthly) No session in April	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness 3rd and 17th April	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting 10th and 24th April	9.45am – 11.45pm	Run by Well Together (call 01274 259190 to book)
Wharfedale Wellness Together Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Keighley Hearts Support Group (monthly) 10th April	10.00am - 11.30am	Sangat Centre (Drop in)
Games 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 & Strength Training	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities) No group on 17 th April	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Rethinking Pain Support Group 17th April	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)
Tai Chi & Tea Cannot be booked as well as Sit & Stand Somatic Yoga	10.00am – 11.00am	KHL (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Sit & Stand Somatic Yoga Cannot be booked as well as Tai Chi & Tea	11.15am - 12.00pm	KHL (Book via KHL)
Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)
BSL: Introduction to British Sign Language 5 week course, starts 7th March	9.45am - 12:15pm	KHL (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	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)