



## What's On At Hilton Community Centre

### Monday

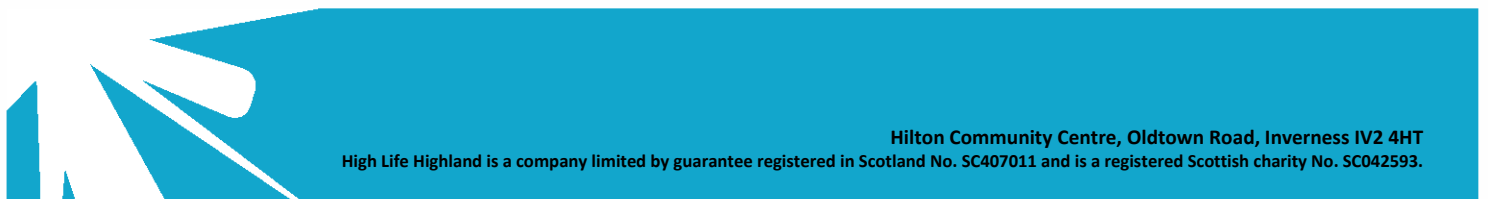
17:00 – 18:00 Splendid Soccer	07984 343945
17:30 – 18:30 Wing Tsjung (Kids Kung Fu)	07771 027713

### Tuesday

10:00 - 11:30 Drop In Baby Massage Group & Messy Play	01463 702296
16:00 – 17:00 ICT Community Development Trust (Kids Football)	07754 609425
17:00 – 18:00 Splendid Soccer (Football Training for Kids)	07984 343945
18:30 – 20:30 Northern Judo Club	07751 758503
18:30 – 19:30 Tang Soo Do (Jnrs) From 5 years old	01463 564903
19:30 – 21:00 Tang Soo Do (Snrs) Adults and Advanced Belt Juniors	01463 564903
20:30 – 21:45 Northern Judo Club	07751 758503

### Wednesday

10:30 – 12:30 Mary's Art Group	07817 956533
11:30 – 15:30 HLH Digital Skills	
16:00 – 18:00 Splendid Soccer (Football Training for Kids)	07984 343945
17:00 – 18:15 Wing Tsjun (Kids Kung Fu)	07771 027713
18:00 – 19:00 Lil' Dragons (Specially designed Fun, High Energy Self Defence Classes for Children)	0800 612 8765
17:00 – 20:00 Wing Tsjun (Kids Kung Fu)	07771 027713
19:00 – 20:30 Kempo (Self Defence Classes)	0800 6128765





## Thursday

09:00 – 15:00	Health and Social Care (Health Visitor)	01463 702296
09:30 – 10:00	Gentle Movers (A class designed to maintain and improve mobility)	
10:15 – 11:00	Active+ (Keep Fit Group to enjoy Gentle Exercise and loads of laughs)	
16:00 – 18:00	Splendid Soccer(Football Training for Kids)	07984 343945
19:30 – 20:30	Kempo (Self Defence Classes)	0800 612 8765
20:00 – 21:45	Youth Club	

## Friday

11:30 – 12:30	Sweaty Mama(Fun effective workouts for Pre and Post Natal ladies where you can take your babies along.	amandab@sweatymama.com
16:00 – 18:00	Splendid Soccer(Football Training for Kids)	07984 343945
18:00 – 20:00	Northern Judo Club	07751 758503
18:30 – 19:30	Tang Soo Do (Jnrs) From 5 years old	01463 564903
19:30 – 20:30	Tang Soo Do (Snrs) Adults and Advanced Belt Juniors	01463 564903

## Saturday

09:00 – 12:00	Bellfield Tennis (From 29 <sup>th</sup> October 2022)	07983 116947
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If you would like any further information on any of the activities listed above, please contact the telephone number/email shown. If it is a Hilton CC activity, then call us on 01463 644337 or email us at [hiltoncc@highlifehighland.com](mailto:hiltoncc@highlifehighland.com)

