

KNOYLE HALL

These groups meet regularly in the Knoyle Hall.

For further information please email knoylehall@yahoo.co.uk and your request will be passed on

Monday to Friday
[term time only]

Beacon Arts

See the website for full details of classes in Ballet, Art, Music and Drama. www.beaconarts.co.uk

Monday 2.00 pm

Preston Park U3A Scottish Dancing

Wednesdays 9.30 am

Preston Park U3A Tai Chi

Thursday mornings
[term time only]

Dragonflies

A volunteer led playgroup for babies and children under 5 with a wide range of fun activities including arts and crafts, singing, stories and a delicious healthy snack, as well as cakes, tea and coffee. Everyone welcome.

Thursdays 7.00 pm

Taekwon-do

A martial art for fitness and self defence, a very friendly group for 12 years upwards, all abilities, men, women, boys and girls.

Contact: Howard Mayes 01273 508120
www.martialarts-brighton.co.uk

Fridays 2.00 pm

Preston Friday Club

Fridays 7.30pm

Brighton, Hove & District Scottish Association

1st Thursday of each month

Preston Park U3A

One Sunday a month

Biodanza Vital Development

Monthly

Brighton Dance

Occasional Friday evenings

Sussex Vintage Model Railway Collectors