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| MONDAY  | 10am StudioNDance Toddlers | 11am PW Community Voices | 1pm Yogini with Leila | 1:15pm Great Strides  | 1:30pm Meditation & Mindfulness | 4:30pm Mobilates  | 6pm PW Youth Council (monthly) | 6pm Zumba | 6:30pm Studio N Dance Adults | 7pm Jungle Body  |
| TUESDAY  | 9:45am Hartbeeps Toddler - 4 years | 10am & 11:15am Mobilates | 10:45am Hartbeeps Sitting-walking | 12pm Hartbeeps Newborn- sitting  | 1pm Hotshotz Tennis - SEN Adults | 5:30pm Slimming World  | 6pm Mobilates | 6pm Yoga beginners7:15pm Yoga level one - Anita | 7pm Slimming World  | 7:30pm Rei Judo - Adults  |
| WEDNESDAY | 9:30am Slimming World  | 9:30am Stay & Play 0-4 years  | 11:15am Intermediate Body Control Pilates  | 1pm Hotshotz Tennis - For Parkinsons | 6pm 5th Paddock Wood Guides  | 6:30pm Tonbridge Spiritualist Church | 8pm 108 Yoga |  |  |  |
| THURSDAY | 9:45am Monkey Music 12months + | 10:30am Monkey Music 3 months + | NHS Respiratory Pulmonary Clinic  | 12:30pm Yoga Bud  | 5:15pm Mobilates  | 6:30pm Move with Ease | 7:45pm Move with Ease | 7pm Yoga Bud  | 8pm PW Community Voices  |  |
| FRIDAY | 9:30am Little Smidgets | 9:30am 108 Yoga  | 10:30am StudioNDanceToddlers | 12:30pm Breathless & Friends Choir  | 4:45pm Rei Judo - Kids | 7pm PW Rangers (fortnightly)  | 7pm Empowered by Freedom (monthly)  |  |  |  |
| SATURDAY | 9:15am Yoga with Anita  | Hotshotz Tennis 9am - 10am Adults | Hotshotz Tennis 10am - 11am 4-9 years | Hotshotz Tennis 11am - 12pm 10years + | Hotshotz Tennis 12pm -1pm Adults | 11am & 11:30am Tots In Sport | AVAILABLE FOR PRIVATE HIRE |  |  |  |
| SUNDAY | 9:30am PW Baptist Church  | AVAILABLE FOR PRIVATE HIRE |  |  |  |  |  |  |  |  |