



The Whitworth
— Est 1890 —

Well-being Programme 2026

Monday

Zumba 09:30-11:00

Chair Based Dance 11:00 - 12:00

Mat Pliates 18.00 - 19.00

Badminton 18:00 - 19:00

Zumba - 19.00 - 20:00

Tuesday

Badminton 10:00 - 11:00

Latin & Ballroom Kids - 17:30 - 18:30

Latin & Ballroom Adults -

Intermediate - 18:30 - 19:15

Advanced - 19:15 - 20:15

Beginners - 20:15 - 21:00

Wednesday

Zumba Gold 09:30 - 10:30

Latin & Ballroom 10:00 - 11:00

Line Dancing 12:30 - 14:30

Latin & Ballroom - 19:00-19:45

Thursday

U3A Table Tennis 14:00-16:00

Yoga with Andrea 18.30 - 19.30

Friday

U3A Table Tennis 14.00 - 16.00

Wayfinders 17.45 - 19.30

Table tennis 19.00 - 21.30

FOR MORE INFORMATION VISIT WWW.THEWHITWORTH.ORG



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to find out more