GREENWOOD COMMUNITY CENTRE

Activities Timetable

Regular classes, groups and selected-date sessions



Monday

9:30–10:45am	Sally Rowland Yoga **07973 212 713**
10–11am	Yogic Tones **07779 579 285**
2–3:15pm	Gentle Yoga · Sarah Greenall **07952 931 383**
7:15–8:30pm	Mixed Level Yoga · Sarah Greenall **07952 931 383**
7:30–10pm	Bridge Club **07702 813 847**

H&HHVC Social Groups

Meet local people for a chat and shared activities. Call 020 8979 9662 to join.

Women's Group
Thursdays at 1:30pm



Men's Group
Tuesdays at 1:30pm



Join H&HHVC

Feeling lonely or isolated? We support neighbours in Hampton and Hampton Hill through social groups, excursions and more. Call 020 8979 9662 to find out how we can help and how to register.

Tuesday to Friday inside. Saturday and other dates on the back.

Tuesday & Wednesday

Tuesday

10–11am	Chair Yoga · Sarah Greenall **07952 931 383**
11:15am–12:15pm	Zumba with Annamaria **07719 866 652**
1:30–3:30pm	Men’s Social Group · H&HHVC **020 8979 9662**
4–8:30pm	Lauren Haith Dance · children’s & vocational ballet[1] **07912 947 117**
6:30–7:30pm	JA Pilates · first class **07788 440 876**
7:30–8:30pm	JA Pilates · second class **07788 440 876**

Wednesday

9:30–10:45am	Classic Yoga · Sarah Greenall **07952 931 383**
10–11am	Yogic Tones **07779 579 285**
11:45am–1:15pm	Cooking Up · adult cookery courses **07841 024 085**
4–9pm	Lauren Haith Dance · contemporary and ballet[1] **07912 947 117**
Selected mornings	Brighter Together · intergenerational **020 8979 9662**

[1] Usually during school term time. Confirm dates with the organiser.

Thursday & Friday

Thursday

10–11:15am	Gentle Yoga · Sarah Greenall **07952 931 383**
12 noon–1:30pm	Parkinson’s Exercise Class **020 8876 5767**
1:30–3:15pm	Women’s Social Group · H&HHVC **020 8979 9662**
2:15–3:15pm	FLexercise for the Over 60s **020 8876 5767**
7:15–8:45pm	Woodcraft Folk · Geko Pioneers[1] **020 7703 4173**

Friday

10am–noon (usual)	Trainmasters · selected Fridays **richmond@trainmaster.co.uk**
11:30am–1pm	Singing for the Brain · Home Instead **020 3879 7877**
Afternoon / evening	LH Acrobatics · ask for class times **lhacrobatics@gmail.com**
7:15–9pm	Greenwood Guitar Society · monthly **07710 381 290**

[1] Usually during school term time. Confirm dates with the organiser.

H&HHVC Book Club

Love reading? Join us for a friendly chat about a book roughly every six weeks. Call 020 8979 9662 to find out when we next meet.



Saturday & other dates

Saturday

9am–3:15pm	Lauren Haith Dance · children’s & vocational ballet[1] **07912 947 117**

Other dates & appointments

About every 6 weeks	H&HHVC Book Club **020 8979 9662**
Selected dates	ABC Kickstart · first aid training **07706 243 747**
Selected dates	Police Liaison Group · confirm venue **020 8979 9662***
Tue–Thu (appt only)	Off the Record · youth counselling **020 8744 1644**
By appointment	Counselling & bereavement support **020 8979 9662***

[1] Usually during school term time. Confirm dates with the organiser.

* Call Greenwood for help finding the right contact.

Before you go

Check dates, times, fees and availability with the contact listed before attending.

H&HHVC social groups and Book Club are for registered neighbours.

Rooms may be in use even when no public activities are listed. Private bookings include school tuition, counselling and meetings for local groups and businesses.

1a School Road, Hampton Hill, TW12 1QL

greenwoodcommunity.org.uk

Timetable based on listings at 11 November 2026