

July Programme 2026



Monday	Description of Activity	Time/ Start Back (SB) Date
Boogie Babies	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to book	SB 7 Sept 26 10.00am -11.00am
Knightswood Community Cinema	Tea and Coffee at 12.30pm (£1.00 donation) New Films every week (Free)	SB 14 Sept 26 1.00pm – 3.00pm
Westbourne Bridge Club	For competent players, new members welcome	1.30pm - 4.30pm
Knightswood Walking Group	Health walk for an hour - everyone welcome	1.30pm – 2.30pm
NW Recovery Communities	Men's Group for anyone promoting recovery in the community. Sit and share all men welcome	2.00pm – 5.00pm
Mulholland School of Dance	Stage & freestyle dance class for 2 years and over	3.30pm-6.30pm
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	SB 3 Aug 26 5.45pm-6.45pm
Yoga with Tracey	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
Youth & Community Theatre	All welcome from 8 years and over	SB 17 Aug 26 7.00pm-9.00pm
Tuesday		
Physioform Pilates	An Emma Steenson class for all levels please email to book a place at: steensonpilates@hotmail.co.uk	SB 14 July 26 9.30am – 11.30am
Zumba with Kirsty	Fitness with fun	10.00am – 11.00am
Move Well	Activity class with Glasgow Life	10.00am -11.00am
Local History Group	History talks and lectures (Every two weeks or twice a month)	SB 8 Sept 26 10.30am - 12.30
Skills Development Scotland	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
Knit Wits	Knitting Class Everyone welcome	SB 21 July 26 1.30pm – 3.30pm
Art for All	Community art club	1.00pm – 4.00pm
West of Scotland Mineral & Lapidary Society	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones and gems - new members welcome	2.00pm – 5.00pm
Easy Exercise	Exercise for older adults	2.30pm – 3.30pm
First Class Learning	Afterschool Maths and English Tuition contact Louise 07821 832561	SB 4 Aug. 26 3.30pm – 6.00pm
Mulholland School of Dance	Gymnastics / Dance for 2 years and over	5.00pm – 7.00pm
Shall We Dance	Ballroom Dancing for Beginners	SB 14 July 26 7.30pm – 8.30pm
UKTC Taekwon-Do	Taekwon-Do classes all ages – children 3 years+, teenagers and adults	SB 11 Aug. 26 6.30pm-8.30pm
Camera Club	For over 18's - beginners welcome	SB 1 Sept 26 7.30pm – 9.30pm
Wednesday		
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	SB 5th Aug 26 9.30am-10.30am
Singergie Choir	Community choir, no auditions and no fees – new members very welcome	10.00 –12.00pm
Linkes English Class	English for Speakers of Other Languages with Creche – 0141 954 7554 Please contact Linkes before going to the class	SB 2nd Sept 26 10.00 – 12.00pm
Zumbini with Ashley	Exciting music and movement for children aged 0-5. 5 weeks blocks phone Ashley on 07988816767 to book	11.00am – 11.45am
Mineral & Lapidary Society	Enamelling Workshop - heat fusing of glass to the surface of metals to craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm

Check our website for

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Wed. Cont.	Description of Activity	Time
Shona Campbell School of Dance	Tap and modern dance classes	SB 19 Aug 26 4.30pm-8.30pm
WW Reimagined	Wellbeing Workshop from Weight Watchers	5.30pm – 7.00pm
WKKA Scotland	Karate class for 5 years old and over	SB 19th Aug 26 7.00pm-8.00pm
Table Tennis Club	For all levels of players	6.30 pm – 9.30pm
Anam Crafts	Advanced crafts group - please phone Jacqui 07426416221	SB 12 Aug. 26 7.30pm – 9.30pm
Glasgow Classical String Orchestra	A music group for amateur and proficient string players	SB 2 Sept 26 7.30pm – 9.30pm
Thursday		
Physio Led Pilates & Yoga Class	An Emma Steenson class for all levels please email to book a place at: steensonpilates@hotmail.co.uk	9.30am-12.30pm
NW Recovery Communities	Information Drop-in sessions and support	10.00am-2.00pm
Glasgow Senior Citizens Orchestra	New musicians/members welcome or simply listen and enjoy rehearsals	11.00am -3.00pm SB 3 Sept 26
Skills Development Scotland	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
Mineral & Lapidary Society	Enamelling Workshop - heat fusing of glass to the surface of metals to craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm
UKTC Taekwon-Do	Taekwon-Do classes for children 3 years+, teenagers and adults	5.00pm – 6.00pm
Mineral & Lapidary Society	West of Scotland Mineral & Lapidary Workshop - cutting, engraving, shaping, and polishing of stones and gems - new members welcome	5.00pm – 8.30pm
Zumba Fitness	Fitness with fun	6.30pm - 7.30pm
Dog Training Club	Obedience training from the very experienced trainer Jim McIntosh	SB 13 Aug 26 5.30pm - 9.00pm
Shimmers Line Dancing	An adult class for experienced dancers	SB 9 July 26 7.45pm – 9.45pm
Friday		
Yoga with Liz	Bring your own Yoga mat. To book a place phone Liz on 07523 008509	SB 17 July 26 11.00am-12.00pm
Aye Can Dae	Fun & Fabulous Wellbeing Workshops Adults with Additional Support Needs	11.00am - 2.00pm
Alderman Big Band	For Musicians with an interest in jazz and swing	2.30pm – 4.30pm
Mulholland School of Dance	Competition Dance Class	5.00pm – 8.00pm
Shining Light	Spiritualist Church meetings - All welcome	7.00pm - 9.00pm
Saturday		
Ignite Theatre	Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years	SB 15 Sept 26 9.30am-10.30am 11.00am- 1.00pm
Shona Campbell School of Dance	Tap & Modern dance class for over 2's	SB 19 Aug 26 10.00am- 1.00pm
Shimmers Line Dancing	Adult class for advanced/ experienced line dancers	SB 11 July 26 10.30 – 12.30pm
Sunday		
Foundation Dog Training	Dog training using positive reinforcements techniques (booking essential and times may vary)	SB 9 Aug 26 6.00pm- 8.00pm
AI - Anon Meeting	Self-help group for friends and family of alcoholics	7.15pm - 9.15pm
Alcoholics Anon	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm

Check our website for holiday start back dates and times for groups at:

www.knightswoodcentre.co.uk or call 0141 959 9419

