

*Sponsors:*

Community Fund | Bolton At Home | Sport England | Onward | Bolton's Fund

**Room Hire**

Room hire is available for many purposes. If you are interested in room hire for a one-off, party or regular hire. Email or call The Hub on 01942 635935. The building is fully accessible for disabled and majority of hireable spaces are on ground level. We have parking and baby change facilities onsite.

**The Hub At Westhoughton**

Programme regularly reviewed. In case of any changes please check either with the organiser or directly at the Hub. Some classes are required to be pre-booked with the organiser, directly with the hub or via Eventbrite.

**The Hub at Westhoughton  
Central Drive  
Westhoughton  
BL5 3DS**



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**Weekly Groups & Activities**

29/3/23

<u><b>Mondays</b></u>	<u><b>Tuesdays</b></u>	<u><b>Wednesdays</b></u>
<p><b>Art Class with Tony Moss</b> 9:30am and 1pm. 07545 565677</p> <p><b>Let's Pretend Baby Drama</b> 10:30am to 11:30am. £5 07979 993657</p> <p><b>Ladies Connected Social Group</b> 10:30am to 12pm</p> <p><b>Boogie Bounce Exercise</b> 7pm and 7:50pm <a href="http://thehubwesthoughton.com/boogie-bounce">thehubwesthoughton.com/boogie-bounce</a></p> <p><b>Aspire Dance and Stage</b> Dance Classes (ages 4 to 18). Evenings <a href="http://aspiredanceandstage.co.uk">aspiredanceandstage.co.uk</a></p>	<p><b>Tuesday cHerUBs</b> Pre-school Play Group (Term-time). 9:45am - 11:45am. £2.50</p> <p><b>Yoga Smiles Happy Chakras Holistics</b> 10am to 11am Michelle - 07305 645564</p> <p><b>Tuesday Group Seniors</b> Waiting list! 1pm to 3pm <a href="mailto:helenpeachy@hotmail.co.uk">helenpeachy@hotmail.co.uk</a> or text 07729 557246</p> <p><b>My WW</b> (formally Weight Watchers) 5:30pm to 6:30pm</p> <p><b>Pop Art with Rachel</b> (6-week blocks) 6pm to 7:30pm <a href="#">Book online</a> or call for more details</p> <p><b>Bolton Miscarriage Support Group</b> - 7:30pm to 9:30pm Last Tuesday of every month</p> <p><b>Holly's Hub Pilates</b> 8pm to 9pm Holly - 07818 206172</p> <p><b>Aspire Dance and Stage</b> Dance Classes (ages 4 to 18). Evenings</p>	<p><b>My WW</b> (formally Weight Watchers) 9:30am and 10:30am Claire - 07935 245448</p> <p><b>Little cHerUBs</b> Pre-school Play Group (Term-time). 10am to 11:45am. £2.50</p> <p><b>Westhoughton Walkers</b> 11am (meet at Hub Café 10:30am)</p> <p><b>MHIST</b> Mental Health Self-help Group 12pm - 2pm 01204 527200</p> <p><b>Yoga Flow</b> (suitable for beginners) 12:10pm Karen - 07759 211328</p> <p><b>The Hub Club 50+ Social Group</b> 1pm to 3pm. £2.50 (inc. a hot drink)</p> <p><b>Choir of Westhoughton</b> (Term-time) 7pm to 8:30pm. Just turn up. <a href="mailto:choiroftwesthoughton@gmail.com">choiroftwesthoughton@gmail.com</a></p> <p><b>Yoga with Chelsea</b> (any ability) 7:30pm to 8:30pm <a href="http://yogawithchelseadawn.com">yogawithchelseadawn.com</a></p> <p><b>Aspire Dance and Stage</b> Dance Classes (ages 4 to 18). Evenings</p>
<u><b>Thursdays</b></u>	<u><b>Fridays</b></u>	<u><b>Saturdays</b></u>
<p><b>Baby Ballet</b> Classes 10am to 1pm Miss Kerry - 07341 590009</p> <p><b>Little Massage</b> 10am Claire - 07429 945978</p> <p><b>Little Baby Yoga</b> 11:30am Claire - 07429 945978</p> <p><b>Sugarlumps</b> (Multiple classes) Baby Sensory Classes <a href="http://sugarlumpscreativestudio.co.uk">sugarlumpscreativestudio.co.uk</a></p> <p><b>Sewing Group</b> :: Make New and Mend 10am to 2:30pm</p> <p><b>Yoga Flow</b> 7pm Karen - 07759 211328</p> <p><b>Holly's Hub Pilates</b> 8pm to 9pm Holly - 07818 206172</p> <p><b>Aspire Dance and Stage</b> Dance Classes (ages 4 to 18). Evenings</p>	<p><b>Holly's Hub Pilates</b> 9:30am Booking essential Holly - 07818 206172</p> <p><b>Little Glow</b> Baby Sensory Classes 10am and 11:30am Claire - 07429 945978</p> <p><b>Small Steps</b> Parent Peer-to-Peer Support Group 12:30pm to 2pm. <a href="mailto:jayne.oakley@mhist.co.uk">jayne.oakley@mhist.co.uk</a></p> <p><b>Tai Chi</b> - 50-plus only (Age UK) 10am and 11am. Donation.</p> <p><b>Stitch Works</b> (Every other week) 1pm - 3pm. £10 per session Anna - 07791 447351</p> <p><b>Meditation for Relaxation</b> (3<sup>rd</sup> Friday) 7pm to 8pm Michelle - 07305 645564</p> <p><b>Aspire Dance and Stage</b> Dance Classes (ages 4 to 18). Evenings</p>	<p><b>Baby Ballet</b> Classes 10am to 1pm Miss Kerry - 07341 590009</p> <p><u><b>Sundays</b></u></p> <p><b>Hope Church</b> Coffee 10:30am, worship 10:45am All welcome! Mark Taylor - 07837 787323</p>