

Aylesbury Timetable 2026:

Sessions run every Wednesday, 2pm - 3pm (*from the 22nd April*)

Location: Health On The Highstreet Unit 33, Friars Square Shopping Centre (next to Waterstones), Aylesbury, HP20 2QF

- 22nd April
- 29th April
- 6th May
- 13th May
- 20th May
- 27th May
- 3rd June
- 10th June
- 17th June
- 24th June
- 1st July
- 8th July
- 15th July
- 22nd July
- ...

We also run these sessions at other venues:

Stoke Mandeville Session: Every Tuesday 2pm-3pm.
Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD

Wendover Session: Every Wednesday 1:15pm-2:15pm.
The Ark, 28 Risborough Road, Stoke Mandeville, HP22 5UT

Weston Turville Session: Every Thursday 1:45pm-2:45pm.
Weston Turville Village Hall, School Approach, Weston Turville, Aylesbury HP22 5RW

All venues cost £3 per session, please pay for your session in cash when you arrive.