

Aylesbury Timetable 2026:

Sessions run every Wednesday, 2:30pm - 3:30pm

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

- 24th June
- 1st July
- 8th July
- 15th July
- 22nd July
- ~~29th July~~ - no session due to instructor away
- ~~5th Aug~~ - no session due to instructor away
- 12th Aug
- 19th Aug
- 26th Aug
- 2nd Sep
- 9th Sep
- 16th Sep
- 23rd Sep
- 30th Sep
- ...

We also run these sessions at other venues:

Stoke Mandeville Session: Every Tuesday 2pm-3pm.
The Ark, 28 Risborough Road, Stoke Mandeville, HP22 5UT

Wendover Session: Every Wednesday 1:15pm-2:15pm.
Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD

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.

For further information please contact Amelia Evans: amelia.evans@aitc.org.uk / 07399 748803
<https://www.activeinthecommunity.org.uk/over-50s/>