MONDAY	ROOM	TIME
Pre-school (term-time only)	8/9	09.00-15.30
Hartbeeps Classes	4	09.30-14.00
U3A (every 3rd Monday)	12	10.00-12.00
Adult Pottery Classes (Guided hand building)	10	10.00-12.30 **NEW**
Zumba with Kerrie	Main Hall	10.30-11.30
Seated yoga (Age concern)	Small Hall	11.20-12.20
Simply Sosa (Seated, supported and standing)	Main Hall	12.00-13.00
Games afternoon	5	13.30-16.00
Tai Chi (Age concern)	Small Hall	13.00-14.00
Singing for the Brain	Main Hall	13.00-16.00
Bowls Mon pm	Small Hall	14.00-16.00
Papercrafting (1st & 2nd Monday)	10	14.15-16.30
Smith's Senior & Junior Performing Arts - Drama	Small Hall	16.45-17.45
Smith's Adult (17-99) Performing Arts - Drama	Small Hall	18.00-19.00
Brownies	10	17.45-19.15
Rainbows	9	17.45-19.00
Cranham Ishinryu Karate	Main Hall	19.00-20.00
Carousel Ladies Club	Small Hall	19.05-22.00
Smith's Adult - Tap	9	19.15-20.00
Smith's Adult Stretch & Tone	9	20.00-20.45
Vocal Training	5	16.00-20.00
Karate	Main Hall	20.15-21.30
Edward the Confessor (Masonic Sep-April)	10	20.00-21.00

TUESDAY		
Pre-school (term-time only)	8/9	09.00-15.30
Hartbeeps Classes	4	09.00-14.00
Table Tennis	10	09.45-10.45
Sosa (Inclusive dance fitness)	Main Hall	10.00-11.00
Bowls Tues am	Small Hall	10.00-12.00
Yoga & Mindfulness	10	11.00-12.00
Pilates core (seated)	Main Hall	11.15-12.15
Sequence Dancing (1st 2nd 4th Tues)	Main Hall	13.00-16.00
Knit & Natter	5	13.30-15.30
W.I.(3rd Tues.)	Main Hall	13.00-15.45
Vocal Training	Room 12	15.30-20.30
Renee School of Dance & Performing Arts	Small Hall	16.00-20.30
Renee School of Dance & Performing Arts	Room 5	16.45-17.30
Renee School of Dance & Performing Arts	Main Hall	16.00-18.30
GCSE English classes **(Starting 3/11/2026)**	10	17.30-18.30 **NEW**
Cubs – 1st Cranham Cub Group	Main Hall	18.30-19.45
AA	Room 5	19.00-22.00
Smith's Performing Arts – Line Dancing	Room 9	18.30-19.15
Wykeham Lodge (Back Sep 8th)	10	19.30-21.00
Abbotts Hall	9	20.00-22.00
Upminster Camera Club	Main Hall	20.00-22.00

WEDNESDAY		
Pre-school (term-time only)	8/9	09.00-15.30
Hartbeeps Classes (Happy House/Baby Beeps/Baby Bells)	4	09.00-14.15
Mini Madness (Stay & Play 6 months – 4 years)	Small Hall	09.30-12.30
Cranham Art Soc.	Main Hall	10.00-12.00
Yoga Seated	Main Hall	12.15-13.15
Havering 50+ club (Table Tennis)	Main Hall	14.00-16.00
Bowls Wed pm	Small Hall	14.30-16.30
Cranham Ishinryu Karate (4 – 7 year old)	Main Hall	17.00-18.00
Cranham Ishinryu Karate (8 – 15 year old)	Main Hall	18.00-19.00
Cranham Ishinryu Karate (Adult)	Main Hall	19.00-20.00
Story Book Society (Book club) last Wed of the month	12	19.00-20.30 **NEW**
Essex Audio Visual Group (1st Wed of the month)	10	19.30-22.00
Yoga Flow with Irene (2nd 3rd 4th of the month	10	19.00-20.00
Yoga Flow with Irene (1st of the month)	Small Hall	19.00-20.00
HIIT & Circuit – Power Up (Sara)	Main Hall	20.15-21.15
Upminster Art Society	9	19.00-21.30

THURSDAY	ROOM	TIME
Pre-school(term-time only)	8/9	09.00-15.30
Mini Madness (Stay & Play 6 months – 4 years)	Small Hall	09.30-12.30
Hartbeeps	4	09.45-14.14
Line Dancing	Main Hall	09.45-10.45
Seasons Adult Art Course	10	10.00-16.30
Strictly Solo	Main Hall	10.50-11.40
Pilates core (seated)	Main Hall	12.00-13.00
U3A (2nd Thursday- Table tennis)	Small Hall	13.30-15.30
Renee School of Dance & Performing Arts	5	16.45-18.00
Renee School of Dance & Performing Arts	Main Hall	16.00-19.30
Renee School of Dance & Performing Arts	Small Hall	15.45-19.30
Vocal Training	12	16.30-19.00
Reillys School of Dance	9	17.30-19.30
Darts (Ladies & Gents)	5	19.00-21.00
Games Evening (1st & 3rd)	12	19.30-22.00
Reillys School of Dance (Adult tap)	Small Hall	19.45-20.45
Pilates with Kerrie	Main Hall	20.00-21.00

FRIDAY

Pre-school (term-time only)	8/9	09.00-15.30
Bowls Fri am (Back October)	Small Hall	10.00-12.00
Upminster U3A Art class	10	10.00-12.00
Sequence Dancing	Main Hall	10.00-15.00
Tai Chi	Small Hall	13.00-14.30
China Painting	5	12.00-15.00
Scrabble	12	13.30-16.00
BSA owners club	9	19.00-21.30
Adult Pottery classes (Guided hand building)	10	19.00-21.00 **NEW**
Whist Club	5	19.30-21.30

SATURDAY

Cranham Ishinryu Karate	Main Hall	09.00-10.30
Cranham Ishinryu Karate - **BEGINNERS (Adult 12+)**	Small Hall	09.00-10.00
Vocal Training	5	09.00-13.00
Aligned by Annie – All level mat pilates	9	09.00-09.45
Mini Athletics	Small Hall	10.15-12.45
Children's Art Class (Age 6+)	10	11.00-13.00
Children's Art Class (Age 6+)	10	14.30-16.30

PERSONAL TRAINING SESSIONS & SMALL GROUP SESSIONS

Please see Sara or Alan in room number 3 Or call 07821 118462 (Sara)

COUNSELLING/ THERAPIST Room 11 please contact Sue 07581 634063

For details of dances, quizzes, etc. please see notice boards.
Cranham Community Centre, Marlborough Gardens, Cranham, RM14 1SR Phone 01708 220941
Cranham Community Association is a registered Charity. No. 271139

CAKE SHED – EVERYDAY AT THE CENTRE – BROWNIES/CAKE/COOKIES