



What's On at Hilton Community Centre

Monday

16:00 – 19:00	The Other Foot Soccer School	07548 617411
17:30 – 19.15	Wing Tsjung (Kids Kung Fu)	07773 027713

Tuesday

09.00 – 12.00	Drop-in Baby Massage Group & Messy Play	01463 702296
13.00 – 14.00	Walking Football	
16:00 – 17:00	ICT Community Development Trust (Kids Football)	07868 629424
17:00 – 18:00	The Other Foot Soccer School	07548 617411
18:15 – 21:45	Northern Judo Club	07789 035491
18:30 – 19:30	Tang Soo Do (Jnrs) From 5 years old	01463 564903
19:30 – 21:00	Tang Soo Do (Snrs) Adults and Advanced Belt Juniors	01463 564903

Wednesday

10:30 – 12:30	Mary's Art Group	07817 956533
16:00 – 18:00	The Other Foot Soccer School	07548 617411
17:30 – 19:15	Wing Tsjun (Kids Kung Fu)	07773 027713
18:00 – 19:00	Lil' Dragons (High Energy Self Defence for Children)	08006 128765
19:00 – 20:30	Kempo (Self Defence Classes)	08006 128765

Thursday

09:30 – 10:00	HLH Gentle Movers	
10:15 – 11:00	HLH Active+	
16:00 – 18:00	The Other Foot Soccer School	07548 617411
19:30 – 20:30	Kempo (Self Defence Classes)	08006 128765

Friday

09:00 – 12:30	Inverness Gymnastics Club	info@invernessgymnastics.com
16:00 – 18:00	The Other Foot Soccer School	07548 617411
17:45 – 20:45	Northern Judo Club	07789 035491
17:30 – 18.15	Tang Soo Do - Tiny Tigers (3-5yrs)	01463 564903
18:30 – 19:30	Tang Soo Do (Jnrs) From 5 years old	01463 564903
19:30 – 20:30	Tang Soo Do (Snrs) Adults and Advanced Belt Juniors	01463 564903

Saturday

13:00 – 16:00	This is Me Highland (Once a month)	07908 810057
09:00 – 11:00	Bellfield Tennis (From October to March)	07983 116947
14.00 – 16.00	DS SCOTLAND HIGHLANDS & ISLANDS (Once a month)	07846 761731