

Activities in the Royal Borough of Kensington and Chelsea

Map of Kensington and Chelsea

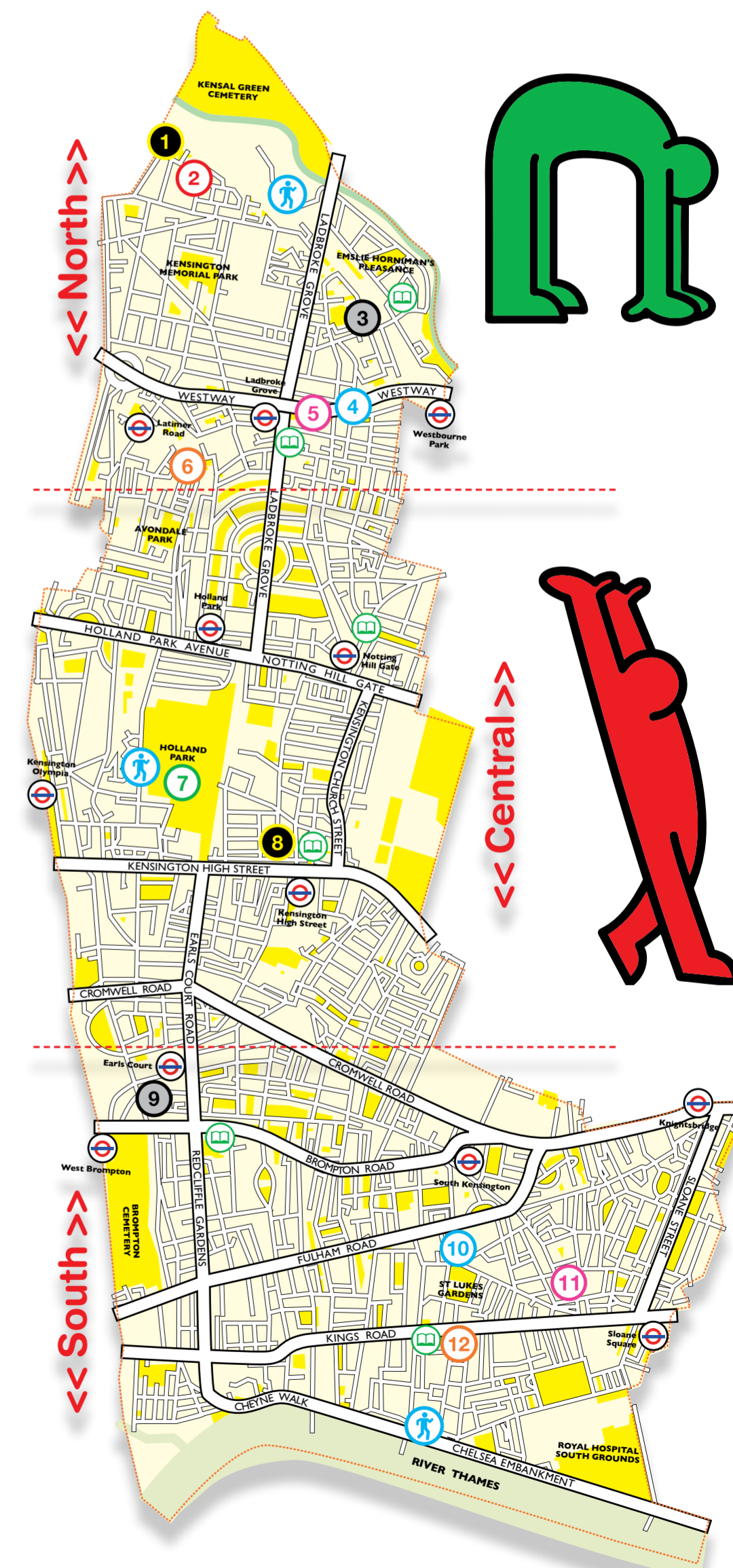
See the class timetable and match the numbers with the map for the location



Walking routes

Royal Borough libraries

Underground stations



1

DALGARNO COMMUNITY CENTRE

Dalgarno Way, W10 5QB | Tel: 020 8969 6300

Bus: 23, 52, 70

Tube: Ladbroke Grove (18 mins walk), Kensal Green (33 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Keep fit (women only)	All	£2	6.30 to 7.30pm
Mon	Zumba (women only)	All	£2	7.30 to 8.30pm
Wed	Gym (women only)	All	£2	10 to 12noon
Wed	Zumba	All	£2	5.30 to 6.15pm

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POSITIVE AGE CENTRE

Peabody Estate, Dalgarno Way, W10 5JN | Tel: 020 8960 4853

Bus: 7, 70, 316

Tube: Ladbroke Grove (15 mins walk), Kensal Green (22 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Yoga	50+	£1.50	1.30 to 3pm
Tue	Walking group	50+	£1	9.45am to 12.30pm
Tue	Tai chi	50+	£1.50	1.30 to 3pm
Thur	Exercise to music with health management	50+	£1.50	11.30am to 1pm

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VENTURE CENTRE

103A Wornington Road, W10 5YB | Tel: Open Age on 020 8964 1900

Bus: 7, 70, 52, 23

Tube: Ladbroke Grove (9 mins walk), Westbourne Park (10 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Yoga	50+	£1.50	2 to 3.30pm
Fri	Line dancing	50+	£1.50	1 to 2.30pm

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PORTOBELLO GREEN FITNESS CLUB

3 to 5 Thorpe Close, W10 5XL | Tel: 020 8960 2221

Bus: 7, 52, 295

Tube: Ladbroke Grove (2 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Women only boxing	All	£3	10 to 11am
Mon	Community Tone	All	£7	11am to 12 noon
Tue	Ballet	50+	£4*	12 noon to 1pm
Tue	Latin dance	50+	£4*	1 to 2pm
Tue	Body pump (women only)	All	£3	10 to 11am
Wed	Body Conditioning (women only)	All	£3	10 to 11am
Wed	Pilates	All	£4*	10.20 to 11.20am
Wed	Carers combo	All	FREE**	2 to 3pm
Thur	Step (women only)	All	£3	10 to 11am
Thur	Carers yoga	All	FREE**	11 to 12 noon
Fri	Spinning (women only)	All	£3	10 to 11am
Fri	Pilates	50+	£4*	10.20 to 11.20am
Fri	Tai chi	50+	£4*	11.30am to 1pm
Fri	Breathing yoga	50+	£4*	12.30 to 2.30pm
Sun	Pilates	All	£8.50	11am to 12.30pm
Sun	Belly dance	All	£8	12 noon to 1pm
Sun	Capoeira	All	£8.50	12.30 to 2pm
Sun	Advanced astanga yoga	All	£8.50	3 to 4.30pm

* £2 for Open Age members or free to PGFC 50+ members
**FREE to carers (proof of employment required)

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PEPPERPOT CLUB

1a Thorpe Close, W10 5XL | Tel: 020 8968 6940

Bus: 7, 52, 23, 70, 295

Tube: Latimer Road (8 mins walk), Ladbroke Grove (9 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Music and movement	50+	50p	11.30am to 12.30pm
Thur	Yoga	50+	£1	11am to 12 noon
Fri	Tai chi	50+	£1	1.30 to 2.30pm

* Cost is subject to review – contact Club for more information.

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KENSINGTON LEISURE CENTRE

Walmer Road, W11 4PQ | Tel: 020 7727 9747

Bus: 7, 52, 295

Tube: Latimer Road (8 mins walk), Ladbroke Grove (8 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Strictly dance	All	£2.10	1.30 to 3pm
Mon	Aquamotion	All	£2.10	2 to 3pm
Mon	Boccia (disabled adults)	All	FREE	3 to 4pm
Mon	Multi-sport	All	FREE	3 to 4.30pm
Mon	Yoga	All	£2.10	3.30 to 4.30pm
Tue	Swimming lessons	50+	FREE	11am to 12 noon
Tue	Keep fit	All	£2.10	2 to 3pm
Tue	Beginners pilates	All	£2.10	3 to 4pm
Tue	Gym	All	£2.10	4 to 5pm
Wed	Intermediate pilates	All	£2.10	12 noon to 1pm
Thur	Swimming lessons	50+	FREE	11am to 12 noon
Thur	Gym session	All	£2.10	2 to 3pm
Fri	Multi-sports session (disabled adults)	All	FREE	1 to 2.30pm
Fri	Zumba	All	£2.10	1 to 2.30pm
Fri	Aquamotion	All	£2.10	3 to 4pm

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HOLLAND PARK

Ilchester Place, W8 6LU | Tel: 020 7602 2226 or 020 7938 8170

Bus: 9, 10, 49, 94

Tube: Holland Park (8 mins walk), High Street Kensington (10 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Fitness walk	All	£2	12.30 to 1.15pm
Tue	Pushy parents	All	£5	10.30 to 11.30am
Tue	Netball	All	£5*	7 to 8pm
Wed	Tennis	All	£9.50**	9 to 10am
Wed	Tennis (beginners/improvers)	All	£9.50**	7 to 8pm
Wed	Tennis (intermediate)	All	£9.50**	8 to 9pm
Thur	Health walk	All	FREE	10.30 to 11.30am
Fri	Pushy parents	All	£5	10.30 to 11.30am

* or £20 for five weeks ** or £40 for five consecutive weeks
*** Netball and tennis run from March to early December.

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CENTRAL LIBRARY

12 Phillimore Walk, W8 7NX | Tel: Open Age on 020 8964 1900

Bus: C1, 9, 10, 27, 28, 49, 52, 70, 328

Tube: High Street Kensington (2 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Chair-based exercise	50+	£1	12 noon to 1pm
Wed	Dance exercise	50+	£1.50	2.30 to 4pm

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SYBIL THORNDYKE HOUSE (RESPONSE)

Kramer Mews, (off Old Brompton Road), SW5 9JG | Tel: 020 7370 4606

Bus: 74, C1, C3, 328

Tube: Earl's Court - Warwick Road or West Brompton exit (4 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Tai chi (beginners)	All	£2	2 to 3pm
Tue	Tai chi (advanced)	All	£2	3 to 4pm

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KINGSMILL HOUSE

Cale Street, SW3 3QY | Tel: 020 7938 8179

Bus: 11, 22, 391, 211, 345

Tube: South Kensington (7 mins walk), Sloane Square (11 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Chair-based exercise	50+	£1	9.45 to 10.45am

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NEW HORIZONS

Guinness Trust Estate, Cadogan Street, SW3 2PF | Tel: 020 7590 8970

Bus: 360, 19, 22, 137, 452, C1, 11, 211, 319

Tube: Sloane Square (7 mins walk), South Kensington (11 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Pilates (beginners)	50+	£1.25	12 noon to 12.50pm
Mon	Pilates (advanced)	50+	£1.25	1 to 1.50pm
Tues	Salsa aerobics	50+	£1.25	12 noon to 12.50pm
Wed	Aerobics	50+	£1.25	12 noon to 12.50pm
Wed	Chair-based exercise	50+	£1.25	1 to 1.50pm
Thur	Mobility yoga	50+	£1.25	10 to 10.50am
Thur	Yoga	50+	£1.25	11 to 11.50am
Thur	Tai chi (beginners)	50+	£1.25	12 noon to 12.50pm
Thur	Tai chi (intermediate)	50+	£1.25	1 to 1.50pm
Fri	Line dancing	50+	£1.50	10 to 11.20am
Fri	Ballet	50+	£1.25	11.30 am to 12.20pm
Fri	Jazz dance	50+	£1.25	12.30 to 1.30pm

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CHELSEA SPORTS CENTRE

Chelsea Manor Street, SW3 5PL | Telephone: 020 7352 6985

Bus: 11, 19, 22, 49, 211, 319

Tube: South Kensington (12 mins walk), Sloane Square (14 mins walk)

DAY	CLASS NAME	AGE	COST	TIME
Tue	Aquamotion	All	£2.10	12 noon to 1pm
Thur	Line dancing	All	£2.10	2.30 to 4pm
Thur	Fitness and conditioning	Seniors	£2.10	10.30am to 12 noon

The Royal Borough of Kensington and Chelsea is supporting Change4Life. In order to maintain a healthyweight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/changelife or call 0300 123 4567 for more information.