

# Jan 2026 - WHAT'S ON - ST AUGUSTINE'S PARISH HALL (REGULAR GROUPS)

<b>MONDAYS</b>				
	1.30-3.30pm	Line Dancing		<a href="mailto:Sian.Jenkins@staugustine.org.uk">Sian Jenkins</a> 07810 188100
	4.30-5.30pm	Miriam Riseborough's Ballet School		<a href="mailto:mimsballet@gmail.com">mimsballet@gmail.com</a>
	6.00-7.30pm	Yoga		Jackie Marshall 029 20708762
<b>TUESDAYS</b>				
	10.30am-12.30pm	Line Dancing		<a href="mailto:Sian.Jenkins@staugustine.org.uk">Sian Jenkins</a> 07810 188100
	2.30pm-4pm	Gentle Exercise for over 50s		<a href="mailto:info@withmusicinmind.co.uk">info@withmusicinmind.co.uk</a> 07500 776295
	4.30pm – 6.30pm	Karate		<a href="mailto:Derek.Hughes@staugustine.org.uk">Derek Hughes</a> 07973 506338
	7.30pm-9pm	Latin & Ballroom	Term time	<a href="mailto:Helen.Young@staugustine.org.uk">Helen Young</a> 07974 120439
<b>WEDNESDAYS</b>				
	10am-1pm <b>(2nd Wed of Month)</b>	Penarth & District Quilters		<a href="mailto:Caron.spencerjones@yahoo.co.uk">Caron.spencerjones@yahoo.co.uk</a>
	10am-12pm <b>(exc 2<sup>nd</sup> Wed of Month)</b>	With Music in Mind		<a href="mailto:info@withmusicinmind.co.uk">info@withmusicinmind.co.uk</a> 07500 776295
	5.45-6.45pm	Miriam Riseborough's Ballet School		
	7pm-8.30pm	Tai Chi	Term time	<a href="mailto:Christie@shibashi.com">Christie@shibashi.com</a> 07772 657692
<b>THURSDAYS</b>				
	4pm-6pm	Miriam Riseborough's Ballet School	Term time	<a href="mailto:mimsballet@gmail.com">mimsballet@gmail.com</a>
	7pm-9pm	Penarth Civic Society (usually 3 <sup>rd</sup> Thursday of month)		<a href="https://www.penarthsociety.org.uk/">https://www.penarthsociety.org.uk/</a>
	7pm-9pm	Crafting for Calm (4 <sup>th</sup> Thursday of month)	Term time	Rhian Dukes 07887 654428
<b>FRIDAYS</b>				
	4.30pm-8.30pm	Miriam Riseborough's Ballet School	Term time	<a href="mailto:mimsballet@gmail.com">mimsballet@gmail.com</a>
<b>SATURDAYS</b>				
	9am-3pm	Miriam Riseborough's Ballet School (except 4 <sup>th</sup> Sat – check with Miriam)	Term time	<a href="mailto:mimsballet@gmail.com">mimsballet@gmail.com</a>
	9am-3pm <b>(4<sup>th</sup> Sat of month)</b>	Penarth & District Quilters		<a href="mailto:Caron.spencerjones@yahoo.co.uk">Caron.spencerjones@yahoo.co.uk</a>
<b>SUNDAYS</b>				
	2-4.30pm <b>(4<sup>th</sup> Sun of month)</b>	Penarth Repair Café	Not Aug or Dec	<a href="mailto:penarth@repaircafewales.org">penarth@repaircafewales.org</a>