Ponsanooth Hall

Regular Weekly Timetable • Updated 27 October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am – 12pm Chapel Worship — Cafe **6pm – 8pm** Martial Arts — Peter West — Main Hall	**9.30am – 11.45am** Pilates — Caroline Evans — Main Hall **~10.15am – 2.15pm** Acupuncture — Delia Baker — Mezzanine **Afternoon/evening (varies)** Counselling — Denise Chatfield — Meeting Room **7pm – 8.15pm** Yoga — Kathryn Lindsay — Main Hall	**~10am – 11am** Counselling — Thomasina Bates — Meeting Room **Afternoon (varies)** Counselling — Denise Chatfield — Meeting Room **5.30pm – 6.30pm** Jnr Martial Arts — Cressita Deakin — Main Hall **7.30pm – 9.30pm** Ladies Circle (fortnightly) — Laura Lloyd — Cafe	**9.30am – 11am** Scottish Dance — Polly Barton — Main Hall **9.30am – 11.30am** Toddlers (term-time) — J Quinn — Cafe **11.30am – 12.30pm** Pilates — Reba — Main Hall **Afternoon/evening (varies)** Counselling — Denise Chatfield — Meeting Room **6pm – 7pm** Palm Drums — Jamie Fyffe — Cafe	**~3pm – 8pm** Acupuncture — Delia Baker — Mezzanine **Varies** Counselling — Denise Chatfield — Meeting Room / Cafe	**9.30am – 10.30am** Pilates — Caroline Evans — Main Hall **10.45am – 11.45am** Pilates — Caroline Evans — Main Hall **Evening (occasional)** Dance / Body Form — Val Rice / Ka Shakira Ka — Main Hall	**—** No regular weekly class — Private hire / ad-hoc bookings only

This shows the Hall's regular weekly bookings, compiled from recent weekly schedules. It does not include one-off private hires, meetings or special events, which are booked separately and change week to week.