

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

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