

SEPTEMBER 2026—FOAKES HALL WEEKLY TIMETABLE



MONDAYS

08:30 - 10:30 - Toward Yoga

10:30 -11:30 - Move it or Lose it

12:30—15:30—Dunmow Art Group

17.45 - 18.45 - Great Dunmow Town Junior Band

18.45 -21.15 - Great Dunmow Town Band

TUESDAYS

17.00 - 20.30 - Slimming World

18:00 - 21:00 - Dunmow Ju Jitsu Club

09:00-12:30—Rock Choir (not 8th)

WEDNESDAY

09:30 -11:30 - Slimming World

13:00 - 17:00 - HCRG Baby Group

13:00-17:00—Dunmow Floral Club

13:00—16:00 Dunmow U3A (30th only)

19:00-21:30—Dunmow Horticultural Society (23rd only)

THURSDAYS

12:00 - 13:00 - Gentle exercise class with Trish

18:00 - 21:30 - Dunmow Karate Club

19:30 - 22:00 - GDTC Committee Meetings

FRIDAYS

10:30-11:30—Move it or Lose it

EVENTS

Dunmow Comedy Club Friday 4th September

School of Slam Wrestling Sat 12th September

Vintage & Collectables Friday 18th September

Mediumship with Leanne Friday 18th September

Dunmow Music Club 25th-26th September