

TIMETABLE BRADFORD 2025/26

All classes suitable for Parkinson's and other neurological conditions

TUESDAYS

12.15 - 1.00pm

ALL DANCE Over 50's ●
Online via Zoom*



WEDNESDAYS

11.00 - 11.45am

ALL DANCE Over 50's
(Women only) ●
Karmand Community Centre,
Barkerend Road, Bradford BD3 9EP*



THURSDAYS

1.30 - 2.45pm

ALL DANCE Parkinson's ●
Victoria Hall, Victoria Road, Saltaire,
Shipley, Bradford BD18 3JS**



* Donation class - pay as you feel
** Subscription only
*** Pay as you go £7 per class. Term subs £70 (1 class) / £80 (2 classes)

Low intensity ●
Medium intensity ●

We would love you to join us!
Please register online,
email or call to book

07933 685359
classes@ascendance.org.uk
ascendance.org.uk/register

