

# TIMETABLE BRADFORD 2026/27

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 ●  
Saltaire Methodist Church, Saltaire Road,  
Shipley, West Yorkshire BD18 3HJ\*\*



\* 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](mailto:classes@ascendance.org.uk)  
[ascendance.org.uk/register](https://ascendance.org.uk/register)

