

Regular Activities

Activity	Day	Time
Art Group	Mondays	10:00am - 12:00pm
Blind Life in Durham	2nd Monday each month	1pm - 3pm
Diabetes UK	2nd Thursday each month	7:15pm - 8:45pm
Dominion City Durham	Sunday	10am - 12pm
Durham Bridge Club	Monday	7pm - 9pm
	Tuesday	1pm - 4pm
	Tuesday	7pm - 10pm
Durham City Youth Project	Juniors - Wednesday	4.30pm - 6pm
	Seniors - Wednesday	6.15pm - 7.45pm
Durham Coronary Support Exercise Group	Tuesday	7pm - 8pm
Durham Dance	Modern and Tap - Monday	4pm - 9pm
	Ballet - Wednesday	4pm - 9:30pm
	Ballet - Wednesday	5pm - 9:30pm
Durham FC Dribblers	Friday	5:30pm - 6:30pm
Durham Full Gospel Fellowship	2nd Sunday each month	2pm - 4:30pm
Durham Home Education Community Hub	Thursday	9:45am - 2:15pm
Framwellgate Moor & Pity Me Local History Society	4th Thursday each month	7:30pm
French in Fram	Beginners - Thursday	9am - 10:30 am
	Elementary - Thursday	10:30am - 12pm
Hartbeeps	Friday	10am - 1pm
Integrating	Monday - Friday	various
National Trust County Durham Supporters Group	3rd Saturday each month	2pm - 4pm
Seishin-do Karate Ryu	Wednesday	1:30pm - 3pm
	Alternate Thursdays	6pm - 8pm
	Friday	6pm - 8pm
	Saturday	10am - 12pm
Pilates (booking required)	Tuesdays	7am - 7:45am
Prayer Group	2nd and 4th Saturday each month	11am - 1pm
Raaga Sudha Music Academy	Sunday	8:30am - 11am
River Wear Tai Chi	Friday	11am - 12.30pm
SGI Buddhist Group	2nd Saturday each month	10.15am - 1.45pm
Spanish Class	Intermediate - Tuesdays	10:30am - 12pm
	Advanced - Wednesdays	1pm - 3pm
Triage - Connect to Work	Monday	10am - 3pm
Wellbeing Programme	Tuesday	10am - 2pm

(Some activities run during school term-time only)