



What's on at Astral Park Sports and Community Centre

Our pavilions are available to hire for events and for regular user groups.

To book any of our venues, please call Julia on 01525 631923 or email

julia.broad@leightonlinslade-tc.gov.uk

Regular User Groups

Monday

Leighton Linslade Townswomen's Guild – Every 1st Monday of the month at 2pm

A friendly group of ladies who welcome new members.

Contact: Christine Peckham 01525 755608

www.the-tg.com

Tuesday

Ragdolly Annas – 10am

Music group for the under 0-5's promoting 'feel good' fun.

Contact: 07989 713745 info@ragdollyannas.co.uk

www.ragdollyannas.co.uk

Music24 – 1pm – 3.30pm (fortnightly)

Music therapy and wellbeing services.

Contact: 01582 250024 info@music24.org.uk

www.music24.org.uk

Kumon – 4.15pm – 6.15pm

Maths and English programmes to help students progress their skills.

Contact: Louise Ogelman 07944 430106

www.kumon.co.uk

Leighton Buzzard Big Book – 8pm – 9pm

Contact: 01438 747475 chair.sbedfordshire@aamail.org



Wednesday

Church of the Good Shepherd – 9.30am – 12.30pm
Community Café.

Contact: info@goodshepherdsandhills.org.uk
www.goodshepherdsandhills.org.uk

Spectrum Community Arts – 5pm – 7pm
Performing arts and dance workshops for people with additional needs and disabilities.

Contact: Jade Cook 07741 280832 admin@spectrumca.co.uk
www.spectrumca.co.uk

Clubbercise – 8pm

Fun, easy to follow dance fitness.

Contact: 07956 515946 clubbercisedunstable@outlook.com
www.clubbercise.com

Thursday

Socatots – 9.30am – 11am

Pre-school football play programme for children aged 1-5.

Contact: James Harman 07446 886413 mklb@socatots.co.uk
www.socatots.co.uk

Pie and Belle – 11.30am – 5.30pm

Adult daytime art classes.

Contact: Kirsten Rose 07931 743982 Pieandbelle@gmail.com
www.kirstenrose.co.uk

Clubbercise – 7.15pm

Fun, easy to follow dance fitness.

Contact: 07956 515946 clubbercisedunstable@outlook.com
www.clubbercise.com

Friday

Buzzard Networking – 7.30am – 9am (3rd Friday monthly)

Business networking group.

Contact: info@buzzardnetworking.co.uk
www.buzzardnetworking.co.uk



Socatots – 9.45am – 10.45am

Pre-school football play programme for children aged 1-5.
Contact: James Harman 07446 886413 mklb@socatots.co.uk
www.socatots.co.uk

Music24 – 1.30pm – 4pm (fortnightly)

Music therapy and wellbeing services.
Contact: 01582 250024 info@music24.org.uk
www.music24.org.uk

Saturday

Kumon – 4.30pm – 6.30pm

Maths and English programmes to help students progress their skills.
Contact: Louise Ogelman 07944 430106
www.kumon.co.uk

Evangelical Prayer Winners Ministry – 6pm – 8pm

Contact: 07459 374776
www.facebook.com/Evangelicalprayerwinners

Sunday

Church of the Good Shepherd – 9.30am – 12pm

Community Café.
Contact: info@goodshepherdsandhills.org.uk
www.goodshepherdsandhills.org.uk