

What's on Guide

All information correct at the time of printing, please contact the group before visiting.

Moulton Community Centre		Moulton Library	Moulton Village Hall
Monday	Class	Details	Contact
10am – 12.15pm	Kate's Baby Massage & Yoga	Baby massage and mum and baby yoga.	https://bookwhen.com/bmyoga
10am – 11.30am (1 st & 3 rd Mon of the month)	Men's Monday Breakfast Club – £5	Full English breakfast with tea & toast, in a relaxed and friendly community space.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
10.45am – 11.30am	Pilates	Pilates is a form of exercise which concentrates on strengthening the body.	Maree Jesson – 07867 853515
1pm – 3pm (Term time)	Stay & Play – FREE (under 5s)	Come and enjoy the children's library and selection of toys.	Moulton Library – 01604 642202
3.30pm – 5pm (Monthly)	Game On - FREE	We have a large selection of board games available for all ages.	Moulton Library – 01604 642202
5.45pm – 6.45pm	Zumba with Morgan	Fun and friendly class suitable for all fitness levels. Pay as you go £5.	Morgan - 07815 701289 Steps2fitness@outlook.com
6.30pm – 7.15pm	Craig D Fitness	Clubbercise class.	https://bookwhen.com/craigdfitness
6.30pm – 7.15pm	Pilates	Pilates is a form of exercise which concentrates on strengthening the body.	Maree Jesson - 07867 853515
6.30pm – 8.30pm (Monthly)	Silent Book Club - FREE	Bring your current read along and snuggle up with a hot drink.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
7pm – 9pm (Monthly)	Monthly Book Club - FREE	Come and share your love of reading in our monthly book group.	Moulton Library – 01604 642202
7.30pm – 8.30pm	Yes To Being Fit –Yoga	Yoga for all levels from beginner to experienced.	Mollie – 07467 533615 info@yestobeingfit.com
Tuesday	Class	Details	Contact
9.30am – 11.30am (Term time)	Stay & Play – FREE (under 18 months)	Come and enjoy the children's library and selection of sensory toys.	Moulton Library – 01604 642202
9.30am – 11.30am (term time)	Tiny Hands Big Signs - FREE	Learn how to sign with your child to aid communication and reduce frustration.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
10am – 11.30am (1 st and 3 rd Tues of the month)	Women's Breakfast Club – £5	Full English breakfast with tea & toast, in a relaxed and friendly community space.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
10am – 12pm	Get Up & Go	A class that helps with falls and how to get up from them (anti- falls).	Angel – 07312 247673 angel@fitnesswithoutboundaries.com
10.30am - 1.30pm (2 nd & 4 th Tues of the month)	Moulton/Northampton Breathing Space	Support group for people with Chronic Obstructive Pulmonary Disease (COPD) and other lung diseases and their carers.	Northants Carers – 01933 677907 Elaine Osborne – 07753 310731 Jules Froggatt – 07548 210672
1pm – 3pm & 3.30pm – 4.30pm (Term time)	Construction Club –FREE	Join us in exploring a selection of construction toys.	Moulton Library – 01604 642202
4pm – 5pm (Monthly)	Bookworms Unite – FREE	Suitable for 9 – 11, encourage a love of reading early.	Moulton Library – 01604 642202
5.30pm – 7pm	French for Fun	Lovely, lively French lessons for adults in the Northampton area.	Charlottey@languageforfun.uk
6.45pm – 7.30pm	Craig D Fitness	Zumba class.	https://bookwhen.com/craigdfitness
7pm start (2 nd Tues of the month)	Moulton Evening WI	Social Women's Institute open to all women aged 18-99.	Carolyn Bennett – 07939 223158
7.30pm – 9pm (Sept to Apr)	Northampton National Trust Association	Lectures on varied subjects.	Virginia Camp – virgina@camp.uk.net
Wednesday	Class	Details	Contact
9.30am – 11.30am (Term time)	Stay & Play – FREE (under 5s)	Come and enjoy the children's library and selection of toys.	Moulton Library – 01604 642202
10am –11.30am (Term time)	Moulton Tots – £3 per week	For families with preschool children. Play, refreshments, story and songs.	moultontots@moultonchurch.co.uk
10am – 1pm (Term time)	Music Bugs	Music and sensory class for 0–5-year olds. Various class times.	07811 771480 lesley@musicbugs.co.uk
10.00am – 1.30pm (2 nd & 4 th Weds of the month)	Moulton/Northampton Breathing Space	Support group for people with Chronic Obstructive Pulmonary Disease (COPD) and other lung diseases and their carers.	Northants Carers – 01933 677907 Elaine Osborne – 07753 310731 Jules Froggatt – 07548 210672
10.30am – 12.30pm	Meet, Greet & Move Your Feet – £5	A class that lets you exercise and socialise in one!	Moulton Library – 01604 642202
2pm – 4pm	Choir	Wellbeing choir.	Kay Warcaba – 07726 943504
3.30pm – 4.30pm (Term Time)	Winddown Wednesday - FREE	Join us for some midweek calm and designated quiet time.	Moulton Library – 01604 642202
5.30pm or 6.15pm – 6.30pm or 7.15pm	Community Larder at Moulton	The larder provides access to groceries at heavily discounted rates and is aimed at tackling hardship in the community.	Moulton Library – 01604 642202

6.30pm – 7.15pm	Craig D Fitness	Clubbercise class.	https://bookwhen.com/craigdfitness
7.30pm start (4 th Weds of the month (excl. Jun, Aug & Dec)	Moulton & District Gardeners Society	Speakers, day trips and events for gardeners and non-gardeners.	secretary.moultongardeners@gmail.com
Thursday	Class	Details	Contact
9.30am – 11.55am	Little Kickers	Fun pre-school football classes for boys and girls. Various class times.	Coach Lynne – 07717 717147 Lnewbould@littlekickers.co.uk
9.45am – 11.15am	Sweaty Mama	A unique and effective way to exercise with your child.	Paula – 07738 566546
10am – 12pm (2 nd Thurs of the month)	Moulton Memory Group	A group for people living with dementia or memory problems & their carer/loved one.	Northants Carers – 01933 677907
10.30am – 1.30pm (Term time)	French for Fun	Lovely, lively French lessons for adults in the Northampton area.	Charlotte@languageforfun.uk
11.30am (Term time)	Story Time – FREE	Join us for a fun themed story time with activities and crafts.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
1pm – 3pm	Crafternoon - £2 includes tea and cake	Bring your own craft along or try your hand at something new.	Moulton Library – 01604 642202
1pm – 1.30pm (Term time)	Kids Crafternoon (Under 5) – FREE	Take part in a weekly themed craft, colouring, mark making and playdough	Moulton Library – 01604 642202
1pm – 2pm (monthly)	Bring Your Baby Book Club - FREE	Sit, relax and chat all things book while your baby can play, or sleep!	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
3.30pm – 4.30pm (Term time)	Library Learners - FREE	Bring along your homework or join in some educational games and activities.	Moulton Library – 01604 642202
4pm – 5.15pm (Fortnightly)	Marvellous Makers (Ages 8-12) - £2.50 per class	Dive into a world of creativity at our Marvellous Makers Art Club!	Moulton Library – 01604 642202
5pm – 8pm	TISKA Moulton Shotokan Karate	Shotokan karate based on respect, etiquette, fun, fitness and self-defence.	Garry – 07840 510860 www.tiskakarate-moulton.co.uk
5.30pm – 7pm	Slimming World	A warm, friendly, weight loss group.	Jill Fehnert – 07940 180055
6.15pm – 8.30pm (Term time)	Spotlight	A place where students train to be strong, confident dancers as well as empowered.	Mary – info@spotlightdance.co.uk
7pm – 9pm Various dates	Northampton Male Voice Choir	A choir that sings for pleasure and who strive at all times to give the best possible performance.	info@nmvc.co.uk
Friday	Class	Details	Contact
9.30am – 11.55am	Little Kickers	Fun pre-school football classes for boys and girls. Various class times.	Coach Lynne – 07717 717147 Lnewbould@littlekickers.co.uk
10am – 12pm	Games Morning (£2 inc refreshments)	Join local residents enjoying a good chat and catch up while playing games.	Moulton Library – 01604 642202
10am – 11.30am (1 st & 3 rd Friday of the month)	Singing for Lung Health	A singing and harmonica support group for those diagnosed with COPD/other lung conditions. NO singing expertise required.	Northants Carers – 01933 677907
1pm – 1.30pm (Weekly)	Community Lunch - £5	Enjoy a homecooked meal in good company for £5. Everyone welcome.	Booking required. Moulton Library – 01604 642202
1.15pm – 1.45pm (Term time)	Bounce & Rhyme - FREE	A gentle introduction to our regular Rhyme time session for our younger visitors.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
2pm – 2.30pm (Term time)	Rhymetime - FREE	An informal, fun singing session for babies and toddlers.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
2pm – 3.30pm Various dates	Musical Memories	Relive some of your favourite songs and musical memories with friends.	07785 276320 Herinn@aol.com
3.30pm – 5pm (Term time)	Family Film Club – FREE	Each week a family friendly film will be shown in the library. Why not grab dinner at EAT?	Moulton Library – 01604 642202
5.45pm – 8pm	Northants Taekwon-Do	Come and learn the well known and respected martial art, Taekwon-Do.	kay@northants-taekwondo.com
7pm – 8pm	White Tiger Taekwon-Do	All levels welcome - first three lessons free. TAEKWON-DO GIVE IT A GO.	Adrian Gent – 07929 636773 https://www.whitetigertaekwon-do.co.uk/
Saturday	Class	Details	Contact
11.30am (Term time)	Story Time - FREE	Join us for a fun themed story time with activities and crafts.	Booking required – www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
9am – 2pm (Term time)	Spotlight Dance	A place where students train to be strong, confident dancers as well as empowered.	Mary – info@spotlightdance.co.uk
9.30am – 11.30am (Term time)	Karma Kids	Helping children to find their path towards a calm and balanced mind.	Heather heather@karmakidsyogatherapy.com
11.45am – 2.30pm	TISKA Moulton Shotokan Karate	Shotokan Karate based on respect, etiquette, fun, fitness and self-defence.	07840 510860 www.tiskakarate-moulton.co.uk
3pm – 4pm	First Class Learning	Maths and English tuition.	northampton.east@firstclasslearning.co.uk
Sunday	Class	Details	Contact
10am – 12pm	Table Tennis	All abilities welcome.	Max – 07946 569005
2pm – 4pm	Made By Me – Social Crafting	Join our friendly crafting sessions, where each month we learn a new skill and make a craft item to take home.	Moulton Library – 01604 642202