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- [Club Timetable](#)
- Club Timetable by Location

Venue Timetable



To see the timetable by the Day of the Week see: [Club Timetable](#)

All Saints Church and Church Hall

Monday

14:30–15:30 - [All Saints Church - Silver Screen \(Twice a Month - Age 60+\)](#)

Tuesday

10:00–11:30 - [All Saints Church - Messy Church \(Alt Tue - Term Time Only - Age 1 to reception\)](#)

10:00–11:30 - [All Saints Church - Sing, Sign and Play \(Alt Tue - Term Time Only - Age 1 to reception\)](#)

14:15–15:15 - [Mother Union \(4th Tue of month\)](#)

14:30–16:00 - [All Saints Church - Ladies Bible Study \(3rd Tue of Month\)](#)

Thursday

09:55–10:40 - [Jo Jingles \(Mixed Ages - 3m to 7 years\)](#)

11:00–11:45 - [Jo Jingles \(3m to walking\)](#)

11:00–12:00 - [All Saints Church - Holy Communion](#)

Friday

10:00–11:00 - [Splat Messy Play](#)

Saturday

10:00–12:00 - [Kesgrave Karate Club - Juniors \(Age 8-17\) and Adults \(Age 18+\)](#)

Sunday

08:30–09:30 - [All Saints Church - BCP Communion](#)

10:00–10:45 - [All Saints Church - Faith in God \(most Sundays - babies and children\)](#)

18:30–19:15 - [All Saints Church - Evensong](#)

Baptist Church

Tuesday

09:30–11:00 - [Kesgrave Baptist Church - Tue Toddlers \(Term Time Only - Age 0 to pre-school\)](#)

19:30–20:30 - [Kesgrave Baptist Church Fellowship Group](#)

Wednesday

09:30–20:15 - [Slimming World](#)

11:00–12:00 - [Slimming World](#)

14:30–15:30 - [Kesgrave Baptist Church Women's Fellowship](#)

17:45–18:45 - [Slimming World](#)

19:15–20:15 - [Slimming World](#)

Friday

15:30–16:45 - [Kesgrave Baptist Church YOYOS \(Term time - reception to year 3\)](#)

18:30–19:45 - [Kesgrave Baptist Church Activ8 \(Term time - years 4-6\)](#)

19:30–21:00 - [Kesgrave Baptist Church Trail Blazers \(Term time - years 7-13\)](#)

Sunday

10:30–11:30 - [Kesgrave Baptist Church Sunday School \(Age 3 up to year 6\)](#)

10:30–11:30 - [Kesgrave Baptist Church Sunday Morning Service](#)

18:00–19:00 - [Kesgrave Baptist Church Sunday Evening Service](#)

Cedarwood Primary School

Wednesday

19:30–22:00 - [Ipswich Philatelic Society \(2nd and 4th Wed of Month Sep - May\)](#)

Saturday

09:00–09:45 - [Co-op Juniors Theatre Academy - Class 1 \(Age 4-6\)](#)

09:45–10:30 - [Co-op Juniors Theatre Academy - Class 2 \(Age 6-8\)](#)

10:30–11:30 - [Co-op Juniors Theatre Academy - Class 3 \(Age 8-10\)](#)

11:30–12:30 - [Co-op Juniors Theatre Academy - Class 4 \(Age 11+\)](#)

Sunday

10:00 - [The Fields Church - Sunday Service](#)

10:00 - [The Fields Church - Explorers \(Age 6-11\)](#)

10:00 - [The Fields Church - Thrive \(Age 12-16\)](#)

10:00 - [The Fields Church - Buddies \(Age 1 to Reception\)](#)

Community Centre, Conference Centre and Sports Hall

Monday

09:30–10:30 - [Active Adults \(Term Time\)](#)

11:00–12:00 - [Core Strength Yoga with Manon \(Term Time\)](#)

14:00 - [University of the 3rd Age \(Last Mon of Month Sep-Jun\)](#)

17:45–18:30 - [Kesgrave Panthers Cycle Speedway Club - Training - 6 and under plus new riders \(Mar - Nov\)](#)

18:00–19:00 - [Pilates Mat with Manon](#)

18:30–19:15 - [Kesgrave Panthers Cycle Speedway Club - Training - U16 \(Mar - Nov\)](#)

19:00–20:00 - [Zumba with Gabi](#)

19:00–21:30 - [Army Cadets - Kesgrave Parachute Detachment](#)

19:00 - [Ipswich Hospitals Bridge Club](#)

19:15–20:00 - [Kesgrave Panthers Cycle Speedway Club - League Teams](#)

19:15–20:30 - [Yoga with Manon](#)

19:30–22:00 - [Masque Players Rehearsal \(Mon\)](#)

Tuesday

09:30–11:30 - [Casual Badminton \(Term Time Only\)](#)

09:30–11:30 - [Community Centre Networking Event \(2nd Tue of month\)](#)

10:00–12:30 - [Kesgrave Art Club](#)

10:00–12:00 - [Arts Society South East Suffolk \(1st Tue of Month Feb to Dec excluding Jul and Aug\)](#)

14:00–16:00 - [Kesgrave Co-op Womens Guild \(Every other Tuesday\)](#)

14:00–16:00 - [Breathe Easy Ipswich support group \(2nd Tue of Month\)](#)

14:00–16:00 - [Kesgrave Friendship Club \(1st and 3rd Tue of Month\)](#)

16:00–20:00 - [Community School Tuition \(Varied\)](#)

17:45–18:30 - [Kesgrave Panthers Cycle Speedway Club - Training - 6 and under plus new riders \(Mar - Nov\)](#)

18:30–21:30 - [Kesgrave Short Mat Bowls Club \(Every Tue except 3rd Tue in the month - Mid-September to end of March\)](#)

18:30–19:00 - [Kesgrave Karate Club - Red Dragons \(Age 4-7\)](#)

18:30–19:15 - [Kesgrave Panthers Cycle Speedway Club - Training - U16 \(Mar - Nov\)](#)

19:00–20:00 - [Kesgrave Kruisers](#)

19:00–20:00 - [Kesgrave Karate Club - Juniors \(Age 8-17\) and Adults \(Age 18+\)](#)

19:15 - [East Suffolk National Trust Association \(3rd Tue of Month\)](#)

19:15–20:00 - [Kesgrave Panthers Cycle Speedway Club - Seniors \(Mar - Nov\)](#)

Wednesday

09:30–12:30 - [Forget Me Not Cafe](#)

18:00–19:00 - [Pilates Mat with Manon](#)

18:00 - [Kesgrave Cricket Club - Ladies Softball Cricket Training](#)

19:00–22:00 - [Kesgrave Tennis Club \(Club Night\)](#)

19:02–20:05 - [Yoga with Manon - Beginners](#)

20:15–21:15 - [Pilates Mat with Manon - Intermediate](#)

Thursday

09:30–10:45 - [Kay Fletcher Fitness - Cardio Workout](#)

10:00–12:00 - [Kesgrave and District Help Centre - Coffee Morning](#)

14:00–16:00 - [Kesgrave Lacemakers \(2nd and 4th Tue of Month\)](#)

16:00–20:00 - [Community School Tuition \(Varied\)](#)

18:00 - [Kesgrave Cricket Club - Senior Cricket Training](#)

18:00–20:00 - [Torwood Wheelers](#)

19:00–21:00 - [Ipswich and Kesgrave Bridge Club](#)

19:15 - [Kesgrave WI \(1st Thursday of Month\)](#)

19:30–22:00 - [Masque Players Rehearsal \(Thu\)](#)

Friday

09:30–11:30 - [Casual Badminton \(Term Time Only\)](#)

14:00–16:00 - [Chinwag \(60+ 3rd Fri of Month\)](#)

14:00–15:30 - [Ipswich Pickleball](#)

19:00–21:00 - [Ipswich Bonsai Society \(2nd Friday of Month\)](#)

Saturday

09:00–12:00 - [iPerform Academy of Theatre Arts](#)

09:00–09:30 - [Rugby Tots \(Age 2-3.5\)](#)

09:40–10:25 - [Rugby Tots - Age 3.5-5](#)

10:30–11:15 - [Rugby Tots - Age 5-7](#)

Sunday

09:00–09:45 - [Little Kickers - Little Kicks \(18m to 2.5 years\)](#)

09:15–11:00 - [Kesgrave Cricket Club - Junior Coaching \(Apr-Jul\)](#)

10:00–11:00 - [Walking Football](#)

10:00–10:45 - [Little Kickers - Junior Kickers \(2.5-3.5 years\)](#)

11:00–12:00 - [Kesgrave Karate Club - Juniors \(Age 8-17\) and Adults \(Age 18+\)](#)

11:00–11:45 - [Little Kickers - Mighty Kickers \(3.5 - fifth birthday\)](#)

12:00–12:45 - [Little Kickers - Mighty Kickers \(3.5 - fifth birthday\)](#)

Fred Upson Hall

Wednesday

19:30–21:30 - [Kesgrave Canasta Club \(3rd Wed of Month\)](#)

Friday

10:30–12:30 - [Bingo](#)

Gorseland Primary School

Monday

19:00–19:45 - [Bounce Beats - child friendly](#)

Tuesday

18:30–19:15 - [Bounce Blast- child friendly](#)

19:30–20:15 - [Bounce Blast](#)

Wednesday

18:30–19:30 - [Bounce - child friendly](#)

19:45–20:30 - [Bounce Belly](#)

Thursday

18:30–19:00 - [Kesgrave Karate Club - Red Dragons \(Age 4-7\)](#)

19:00–20:00 - [Kesgrave Karate Club - Juniors \(Age 8-17\) and Adults \(Age 18+\)](#)

20:30–21:15 - [Bounce Blast](#)

Saturday

09:00–09:45 - [Bounce Barbells - child friendly](#)

Sunday

09:30–10:30 - [Bounce - child friendly](#)

Heath Primary School

Monday

18:30–19:30 - [GKR Karate](#)

High School

Monday

17:00–18:00 - [Louise Kate Dance - Primary Modern Jazz/Acrobaties/Commercial](#)

18:00–19:00 - [Louise Kate Dance - Grade 1 Modern Jazz/Acrobaties/Commercial](#)

18:45–19:45 - [Dance Easy - Advanced Class](#)

19:00–20:00 - [Louise Kate Dance - Pointe/Ballet Extra](#)

19:30–22:00 - [Kesgrave Badminton Club \(Term time\)](#)

19:45–20:45 - [Dance Easy - Beginners Class](#)

20:00–21:00 - [Louise Kate Dance - Intermediate Ballet/Lyrical](#)

20:45–21:45 - [Dance Easy - Improvers Class](#)

Tuesday

17:00–18:00 - [Louise Kate Dance - Grade 4 Ballet/Lyrical](#)

18:00–19:15 - [Kay Fletcher Fitness - Cardio Workout](#)

18:00–19:00 - [Louise Kate Dance - Grade 5 and 6 Contemporary](#)

19:00–19:30 - [Louise Kate Dance - Grade 5 Ballet](#)

19:30–20:30 - [Kay Fletcher Fitness - Totally Shredded \(High Intensity Interval Training\)](#)

Wednesday

17:00–18:00 - [Louise Kate Dance - Grade 2 Modern/Acrobatcs/Commercial](#)

18:00–19:00 - [Louise Kate Dance - Grade 4 Contemporary](#)

19:00–20:00 - [Louise Kate Dance - Grade 4 Modern Jazz/Acrobatcs/Commercial](#)

20:00–21:00 - [Louise Kate Dance - Grade 5 Modern Jazz/Acrobatcs/Commercial](#)

Thursday

16:00–17:00 - [Louise Kate Dance - Pre -Preparatory Tap/Ballet](#)

17:00–18:00 - [Louise Kate Dance - Preparatory Tap/Ballet/Lyrical](#)

18:00–19:00 - [Louise Kate Dance - Grade 3 Tap](#)

18:30–19:45 - [Kay Fletcher Fitness - Zumba](#)

19:00–20:00 - [Louise Kate Dance - Grade 5 Tap](#)

19:00–20:00 - [Ability School of Dance \(Autism Movement Therapy - 7-18 years\)](#)

20:00–21:00 - [Louise Kate Dance - Grade 6 and 7 Tap](#)

20:00–20:45 - [Kay Fletcher Fitness - Kettlebell HIIT](#)

Friday

16:00–16:45 - [Louise Kate Dance - Grade 2 Ballet/Lyrical](#)

16:00–16:45 - [Louise Kate Dance - Grade 1 Tap](#)

16:45–17:30 - [Louise Kate Dance - Grade 2 Tap](#)

16:45–17:30 - [Louise Kate Dance - Grade 1 Ballet/Lyrical](#)

17:30–19:00 - [Louise Kate Dance - Stage Class](#)

17:30–19:00 - [Louise Kate Dance - Stage Class](#)

Saturday

08:30–09:30 - [Kay Fletcher Fitness - Bootcamp](#)

10:00–11:00 - [Ability School of Dance \(Autism Movement Therapy - 7-18 years\)](#)

Library

Tuesday

15:30–16:30 - [Library Lego Club](#)

Wednesday

09:45–10:15 - [Library Word Play Session - Tot Rock](#)

10:45–11:15 - [Library Word Play Session - Baby Bounce](#)

Thursday

14:45 - [Library Afternoon Book Club \(Once a Month\)](#)

19:00 - [Library Evening Book Club \(Once a Month\)](#)

Friday

09:45–10:15 - [Library Storytime: stories, songs and activities for pre-school children \(Term time\)](#)

Sunday

10:00–12:00 - [Library Craft activities: for primary school age children](#)

Millennium Jubilee Hall and Sports Ground

Monday

09:30–10:30 - [Group Fitness Class](#)

13:30–14:15 - [Jo Jingles \(Mixed Ages - 3m to 7 years\)](#)

14:35–15:20 - [Jo Jingles \(3m to walking\)](#)

17:30–18:30 - [2nd Kesgrave Brownies \(Term Time\)](#)

19:30–21:00 - [1st Kesgrave Guides \(Term Time\)](#)

Tuesday

09:30–10:30 - [Balanced Body Pilates \(Beginners/Improvers\)](#)

13:25–14:15 - [Baby Ballet Movers \(3-4 years\)](#)

14:20–15:10 - [Baby Ballet Tinies \(8m-3 years\)](#)

15:15–15:55 - [Baby Ballet Tots \(6-18 months\)](#)

17:00–18:30 - [3rd Kesgrave Rainbows \(Term Time\)](#)

18:00–18:45 - [Core & More Pilates - Beginners](#)

19:00–19:45 - [Core & More Pilates - Intermediate](#)

Wednesday

16:15–19:15 - [The Theatre Emporium - School of Acting \(8-18 year olds\)](#)

19:00–19:45 - [Core & More Pilates - Beginners](#)

20:00–20:45 - [Core & More Pilates - Intermediate](#)

20:15–21:15 - [Yoga Bellies](#)

Thursday

11:00–12:00 - [Balanced Body Pilates \(Beginners/Improvers\)](#)

17:30–19:00 - [The Hang Out \(for Year 7\)](#)

19:15–20:30 - [The Hang Out \(for Year 8 & 9\)](#)

Friday

09:30–10:15 - [Core & More Pilates - Intermediate](#)

10:00–11:00 - [Baby Sensory \(7-13 Months\)](#)

11:15–12:15 - [Baby Sensory \(Birth - 7 Months\)](#)

13:00–14:00 - [Baby Sensory \(Birth - 13 Months\)](#)

16:15–20:15 - [The Theatre Emporium - School of Acting \(8-18 year olds\)](#)

17:30–18:30 - [2nd Kesgrave Rainbows \(Term Time\)](#)

Saturday

09:00 - [Kesgrave Parkrun](#)

09:40–10:20 - [Baby Ballet Tinies \(8m-3 years\)](#)

10:25–11:15 - [Baby Ballet Grovers \(4.5-6 years\)](#)

11:20–12:10 - [Baby Ballet Movers \(3-4 years\)](#)

13:00–13:40 - [Cricket Tots \(2.5-3.5 years\) \(Termly\)](#)

13:50–14:30 - [Cricket Tots \(3.5-5 years\) \(Termly\)](#)

Sunday

09:00 - [Kesgrave Junior Parkrun](#)

Other Locations

Monday

09:00–10:00 - [Meet Up Monday's \(MUM - Kesgrave Kitchen\)](#)

10:00–23:21 - [Toddle Talk Baby Signing \(Kesgrave Children's Centre\)](#)

18:00–19:00 - [Bootcamp](#)

Wednesday

10:00–11:00 - [Holy Family and St. Michael Mass](#)

18:00–19:00 - [Bootcamp](#)

Thursday

11:00–12:00 - [Buggy Fitness](#)

19:00–18:00 - [Kesgrave Kruisers \(Various Locations\)](#)

19:30 - [Ipswich Witches Speedway \(Apr - Oct\)](#)

Friday

10:00–11:00 - [Holy Family and St. Michael Mass](#)

Saturday

09:00–10:00 - [Farmhouse - All Saints Church Men's Breakfast \(1st Sat in Month\)](#)

09:00–10:00 - [Farmhouse - All Saints Church Ladies Breakfast \(1st Sat in Month\)](#)

18:00 - [Spedeworth Motorsports](#)

18:00–19:00 - [Holy Family and St. Michael Vigil Mass](#)

Sunday

06:00–13:00 - [Foxhall Stadium Car Boot Sales \(Mar-Sep\)](#)

09:00–10:00 - [Holy Family and St. Michael Mass](#)

11:00–16:00 - [Suffolk Aviation Heritage Group Museum \(Apr-Oct\)](#)

Scout Hall

Monday

10:00–11:00 - [Tai Chi Beginners](#)

11:00–12:00 - [Tai Chi Improvers](#)

13:00–14:00 - [Tracey Whinney Pilates \(Term Time\)](#)

14:00–16:00 - [Kesgrave Singers](#)

17:15–18:15 - [1st Kesgrave Rainbows \(Term Time\)](#)

18:30–19:45 - [1st Kesgrave Scouts - Bader Cubs \(Term Time\)](#)

18:30–19:45 - [1st Kesgrave Scouts - Constable Cubs \(Term Time\)](#)

Tuesday

09:30–11:00 - [Little Luxuries Soft Play](#)

10:00–13:30 - [Cafe 66](#)

12:45–13:45 - [Little Made Studio - Little Explorers \(age 2-4\)](#)

18:30–19:15 - [Adult Tap Lessons](#)

19:30–22:00 - [Kesgrave Crochet and Crafters Club](#)

19:30–21:30 - [1st Kesgrave Scouts - Tue Scouts \(Term Time\)](#)

20:00–22:00 - [Explorers - Raedwald Unit \(Term Time\)](#)

Wednesday

10:00–13:30 - [Cafe 66](#)

10:00–11:00 - [Meet Up Monday's \(MUM - Cafe 66\)](#)

14:30–15:30 - [Tai Chi Beginners](#)

18:15–19:30 - [1st Kesgrave Scouts - Wolsey Cubs \(Term Time\)](#)

19:00–21:00 - [Kesgrave Craft Club \(2nd and 4th Wed of month\)](#)

19:30–21:00 - [Ipswich and East Suffolk Bee Keepers Association \(1st Wed of Month\)](#)

Thursday

09:00–10:00 - [Keep Fit Dancing \(Excluding Summer and Xmas breaks\)](#)

10:00–13:30 - [Cafe 66](#)

10:30–12:30 - [Kesgrave Computer Club](#)

18:00–19:15 - [1st Kesgrave Scouts - Lark Beavers \(Term Time\)](#)

18:00–19:15 - [1st Kesgrave Scouts - Stour Beavers \(Term Time\)](#)

19:30–21:30 - [1st Kesgrave Scouts - Thursday Scouts \(Term Time\)](#)

Friday

09:30–11:00 - [Kesgrave Come and Play Baby and Toddler Group \(0-3 years\)](#)

10:00–13:30 - [Cafe 66](#)

18:00–19:15 - [1st Kesgrave Scouts - Gipping Beavers \(Term Time\)](#)

19:15–21:15 - [2nd Kesgrave Guides \(Term time\)](#)

Saturday

09:00–12:30 - [Kesgrave Market \(3rd Sat of month\)](#)

09:30–11:00 - [Scout Jumble Sales \(1st or 2nd Sat of Month\)](#)

Social Club

Sunday

19:30–10:30 - [FoxyRock Rock 'n' Roll Club \(Every other Sunday\)](#)

If you would like to add a club or spot incorrect information please email the details to:
enquiry@kesgrave.org.uk