**Mid Calder Community Centre Programme 2025**

Mid Calder Institute Hall  
15 Market Street  
Mid Calder  
West Lothian  
EH53 0AT

Tel: 01506 881246

**Monday** Plus Size Fitness Class 10.15am -11.15am

Mid Calder Ladies Group 12.00pm – 3.30pm

Mid Calder School of Dance 4.00pm – 7.00pm

After School Support 3.00pm – 6.00pm

Fitness Class 7.30pm – 8.30pm

**Tuesday** Mother & Toddlers Group 9.00am – 12.00pm

Almondvale Karate Club 5.00pm – 7.30pm

After School Support 3.00pm – 6.00pm

Management Committee (Monthly) 7.00pm – 9.00pm

**Wednesday** Pilates 9.30 am – 11.45am

Line Dancing 1.00pm – 2.30pm

After School Support 3.00pm – 6.00pm

Gala Committee (Monthly) 7.00pm – 9.00pm

Camera Club 7.15pm – 9.45pm

**Thursday** Mother & Toddlers Group 9.15am – 11.30am

Community Warm Hub 12.00pm - 2.00pm

After School Support 3.00pm – 6.00pm

Almondvale Karate Club 4.30pm – 5.30pm

Mid Calder School of Dance 6.00pm – 9.00pm

Community Council (Monthly) 7.00pm – 9.00pm

**Friday** Mother & Toddlers Group 9.15am – 11.30am

After School Support 12.00pm – 6.00pm

Drama Group 6.00pm – 7.30pm

**Saturday** Almondvale Karate Club 9.00am – 10.30am

Data Label : Public