4th - 17th JANUARY 2026

SUNND PROGRAMME

BarvasTrad **Music Session** 8-11:30pm **Barvas & Brue** Community

3 SAT

Over 45's Fitness for women 9-10am, Spòrsnis

Centre

MON

TUE

WED

THU

9

FRI

10 SAT

Chair Aerobics 11am - 12pm **Spòrsnis**

Badminton 6-8pm **Spòrsnis**

Westside Fitness Class 6.30-7:30pm Barvas hall

Alison's Circuits 7-8pm **Spòrsnis**

All in football 7-8.30pm **Spòrsnis**

Gentle Movement 1-2pm CMCC

Netball 7:30 - 8:30pm **Spòrsnis**

Learn to Crochet 7-9pm **Wobbly Dog**

Adult Hoop Class 7-8pm **Spòrsnis**

Over 40's football 8-9pm **Spòrsnis**

FRI

Baby Massage

Adult Hoop Class

Ness Runners 9am. **Spòrsnis**

Over 45's Fitness for women 9-10am, Spòrsnis

Social Cafè 2-4pm Ness Social Club

Ceilidh Dancing 8:30pm **Borve House Hotel**

12 MON

Citizens Advice Drop-in 10-4pm

Chair Aerobics 11am - 12pm **Spòrsnis**

UOG Office

Badminton 6-8pm **Spòrsnis**

13 TUE

Westside Fitness class 6.30-7:30pm Barvas hall

Alison's Circuits 7-8pm

Spòrsnis

Music Night 7:30-9:30pm **Wobbly Dog**

14 WED

Citizens Advice Drop-in 10-4pm, UOG

Walk Wednesdays 10:30-11:30am **Eoropie**

Cofaidh agus Cabadaich 11am - 12pm, CEN

All in football 7-8.30pm Spòrsnis

Gentle Movement 1-2pm CMCC

15 THU

Netball 7:30 - 8:30pm Spòrsnis

Learn to Crochet 7-9pm **Wobbly Dog**

> Over 40's football 8-9pm **Spòrsnis**

16

1-3pm

CMCC

7-8pm

Spòrsnis

17 SAT

Ness Runners 9am **Spòrsnis**

Over 45's Fitness for women 9-10am, Spòrsnis

Beginners Sewing Workshop 10am - 4pm Port of Ness



18th - 31ST JANUARY 2026

SUNND PROGRAMME

23 19 20 TUE 21 22 THU FRI 24 SAT MON WED Gentle Yoga & Citizens Advice Drop-in LTCH Mindfulness Citizens Advice Drop-in **Baby Massage Ness Runners** Somatic Mobility 10-4pm, UOG 10-4pm, UOG Session 1-3pm 9am 11-12pm 11am - 11pm Clan Mac **Spòrsnis** Cofaidh agus Cabadaich CMCC Chair Aerobics **Online** 11-12pm **Adult Hoop Class** 11-am - 12pm **Ness Social Cafè** Westside Fitness Class **Borve House** 7-8pm Netball Spòrsnis 2-4pm 6.30-7:30pm 7:30 - 8:30pm **Spòrsnis Ness Social Club** Barvas hall All in football Badminton Spòrsnis 7-8.30pm, Spòrsnis Over 40s football 6-8pm Alison's Circuits Over 45's Fitness for 8-9pm Spòrsnis 7-8pm Learn to Crochet women Knit & Chatter **Spòrsnis Spòrsnis** 7-9pm 9-10am, Spòrsnis 2:30-4:30pm **Wobbly Dog Music Night Breakwater** 7:30-9:30pm **Gentle Movement Wobbly Dog** 1-2pm, CMCC MON 26 30 SAT WED 29 THU FRI 27 TUE Gentle Yoga & LTCH Mindfulness **Chair Aerobics** Citizens Advice Drop-in **Baby Massage** Ness Runners 9am **Somatic Mobility** 11am - 12pm Session 10-4pm, UOG 1-3pm **Spòrsnis** 11-12pm 11am - 1pm **Spòrsnis** Clan Mac Walk Wednesdays CMCC **Online** Over 45's Fitness for 10:30-11:30am Westside Fitness Class **Adult Hoop Class Badminton** women Netball **Eoropie** 6.30-7:30pm 7-8pm 6-8pm 9-10am 7:30 - 8:30pm Barvas hall Cofaidh agus Cabadaich **Spòrsnis** Spòrsnis Spòrsnis **Spòrsnis** 11am - 12pm, CEN Alison's Circuits Over 40s football Costello and Riff Raff Citizens Advice Drop-in 7-8pm Learn to Crochet All in football 8-9pm **Spòrsnis** 9pm - 12am 10-4pm, UOG 7-9pm 7-8.30pm **Spòrsnis Ness Social Club Wobbly Dog**



Spòrsnis

Gentle Movement

1-2pm, CMCC

Music Night

7:30-9:30pm

Wobbly Dog