


# 4th - 17th JANUARY 2026

## SUNND PROGRAMME

3 SAT	5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT
<div>BarvasTrad Music Session 8-11:30pm Barvas &amp; Brue Community Centre</div> <div>Over 45's Fitness for women 9-10am, Spòrsnis</div>	<div>Chair Aerobics 11am - 12pm Spòrsnis</div> <div>Badminton 6-8pm Spòrsnis</div>	<div>Westside Fitness Class 6.30-7:30pm Barvas hall</div> <div>Alison's Circuits 7-8pm Spòrsnis</div>	<div>All in football 7-8.30pm Spòrsnis</div> <div>Gentle Movement 1-2pm CMCC</div>	<div>Netball 7:30 - 8:30pm Spòrsnis</div> <div>Learn to Crochet 7-9pm Wobbly Dog</div>	<div>Adult Hoop Class 7-8pm Spòrsnis</div> <div>Over 40's football 8-9pm Spòrsnis</div>	<div>Ness Runners 9am, Spòrsnis</div> <div>Over 45's Fitness for women 9-10am, Spòrsnis</div> <div>Social Cafè 2-4pm Ness Social Club</div> <div>Ceilidh Dancing 8:30pm Borve House Hotel</div>
12 MON	13 TUE	14 WED	15 THU	16 FRI	17 SAT	
<div>Citizens Advice Drop-in 10-4pm UOG Office</div> <div>Chair Aerobics 11am - 12pm Spòrsnis</div> <div>Badminton 6-8pm Spòrsnis</div>	<div>Westside Fitness class 6.30-7:30pm Barvas hall</div> <div>Alison's Circuits 7-8pm Spòrsnis</div> <div>Music Night 7:30-9:30pm Wobbly Dog</div>	<div>Citizens Advice Drop-in 10-4pm, UOG</div> <div>Walk Wednesdays 10:30-11:30am Eoropie</div> <div>Cofaidh agus Cabadaich 11am - 12pm, CEN</div> <div>All in football 7-8.30pm Spòrsnis</div> <div>Gentle Movement 1-2pm CMCC</div>	<div>Netball 7:30 - 8:30pm Spòrsnis</div> <div>Learn to Crochet 7-9pm Wobbly Dog</div>	<div>Baby Massage 1-3pm CMCC</div> <div>Adult Hoop Class 7-8pm Spòrsnis</div> <div>Over 40's football 8-9pm Spòrsnis</div>	<div>Ness Runners 9am Spòrsnis</div> <div>Over 45's Fitness for women 9-10am, Spòrsnis</div> <div>Beginners Sewing Workshop 10am - 4pm Port of Ness</div>	

URRAS OIGHREACHT

All adult fitness classes throughout Sunnd are £2 for residents, all other events are subsidised by 50% by UOG.  
For more information and booking details please visit [www.galsontrust.com](http://www.galsontrust.com) or call us 01851 850411.

# 18th - 31ST JANUARY 2026

## SUNND PROGRAMME

19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT
<p>Citizens Advice Drop-in 10-4pm, UOG</p> <p>Chair Aerobics 11am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p>	<p>Gentle Yoga &amp; Somatic Mobility 11-12pm CMCC</p> <p>Westside Fitness Class 6.30-7:30pm Barvas hall</p> <p>Alison's Circuits 7-8pm Spòrsnis</p> <p>Music Night 7:30-9:30pm Wobbly Dog</p>	<p>Citizens Advice Drop-in 10-4pm, UOG</p> <p>Cofaidh agus Cabadaich 11-12pm Borve House</p> <p>All in football 7-8.30pm, Spòrsnis</p> <p>Knit &amp; Chatter 2:30-4:30pm Breakwater</p> <p>Gentle Movement 1-2pm, CMCC</p>	<p>LTCH Mindfulness Session 11am - 11pm Online</p> <p>Netball 7:30 - 8:30pm Spòrsnis</p> <p>Learn to Crochet 7-9pm Wobbly Dog</p>	<p>Baby Massage 1-3pm Clan Mac</p> <p>Adult Hoop Class 7-8pm Spòrsnis</p> <p>Over 40s football 8-9pm Spòrsnis</p>	<p>Ness Runners 9am Spòrsnis</p> <p>Ness Social Café 2-4pm Ness Social Club</p> <p>Over 45's Fitness for women 9-10am, Spòrsnis</p>
26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT
<p>Chair Aerobics 11am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p> <p>Citizens Advice Drop-in 10-4pm, UOG</p>	<p>Gentle Yoga &amp; Somatic Mobility 11-12pm CMCC</p> <p>Westside Fitness Class 6.30-7:30pm Barvas hall</p> <p>Alison's Circuits 7-8pm Spòrsnis</p> <p>Music Night 7:30-9:30pm Wobbly Dog</p>	<p>Citizens Advice Drop-in 10-4pm, UOG</p> <p>Walk Wednesdays 10:30-11:30am Eoropie</p> <p>Cofaidh agus Cabadaich 11am - 12pm, CEN</p> <p>All in football 7-8.30pm Spòrsnis</p> <p>Gentle Movement 1-2pm, CMCC</p>	<p>LTCH Mindfulness Session 11am - 1pm Online</p> <p>Netball 7:30 - 8:30pm Spòrsnis</p> <p>Learn to Crochet 7-9pm Wobbly Dog</p>	<p>Baby Massage 1-3pm Clan Mac</p> <p>Adult Hoop Class 7-8pm Spòrsnis</p> <p>Over 40s football 8-9pm Spòrsnis</p>	<p>Ness Runners 9am Spòrsnis</p> <p>Over 45's Fitness for women 9-10am Spòrsnis</p> <p>Costello and Riff Raff 9pm - 12am Ness Social Club</p>

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