

9TH - 21ST MARCH 2026

09 MON

Chair Aerobics
11am - 12pm
Spòrsnis

Badminton
6-8pm
Spòrsnis

10 TUE

Craft & Chatter
1-3pm, CMCC

Westside Fitness Class
6.30-7:30pm
Barvas hall

Alison's Circuits
7-8pm
Spòrsnis

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

11 WED

Walk Wednesdays
10:30-11:30am
Ness

Cofaidh agus Cabadaich
11am - 12pm, Breakwater

Gentle Movement
1-2pm, CMCC

All in football
7-8.30pm
Spòrsnis

12 THU

Netball
7:15 - 8:15pm
Spòrsnis

Learn to Crochet
7-9pm
Wobbly Dog

13 FRI

Flower Arranging
1-3pm
Spòrsnis

Adult Hoop Class
7-8pm
Spòrsnis

Over 40s football
8-9pm
Spòrsnis

14 SAT

Ness Runners
9am
Spòrsnis

Over 45's Fitness for
Women
9-10am
Spòrsnis

Ceilidh Dancing
8:30pm
Borve House

16 MON

Chair Aerobics
11am - 12pm
Spòrsnis

Badminton
6-8pm
Spòrsnis

17 TUE

Craft & Chatter
1-3pm, CMCC

Westside Fitness Class
6.30-7:30pm
Barvas hall

Alison's Circuits, 7-8pm
Spòrsnis

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

18 WED

Cofaidh agus Cabadaich
11am - 12pm,
Borve House

Gentle Movement
1-2pm, CMCC

Knit & Chatter
2:30-4:30pm
Breakwater Café

All in football
7-8.30pm
Spòrsnis

19 THU

Netball
7:15 - 8:15pm
Spòrsnis

Learn to Crochet
7-9pm
Wobbly Dog

20 FRI

Over 40s football
8-9pm
Spòrsnis

Adult Hoop Class
7-8pm
Spòrsnis

21 SAT

Ness Runners
9am, Spòrsnis

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

Social Cafè, 2-4pm
Ness Social Club

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 or call us 01851 850411.

23rd - 31ST MARCH 2026

23 MON

Chair Aerobics
11am - 12pm
Spòrsnis

Badminton
6-8pm
Spòrsnis

24 TUE

Craft & Chatter
1-3pm, CMCC

Westside Fitness Class
6.30-7:30pm
Barvas hall

Alison's Circuits
7-8pm
Spòrsnis

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

25 WED

Walk Wednesdays
10:30-11:30am
Barvas

Gentle Movement
1-2pm, CMCC

All in football
7-8.30pm
Spòrsnis

26 THU

Netball
7:15 - 8:15pm
Spòrsnis

27 FRI

Adult Hoop Class
7-8pm
Spòrsnis

Over 40s football
8-9pm
Spòrsnis

28 SAT

Ness Runners
9am
Spòrsnis

Over 45's Fitness for
Women
9-10am
Spòrsnis

30 MON

Chair Aerobics
11am - 12pm
Spòrsnis

Badminton
6-8pm
Spòrsnis

31 TUE

Craft & Chatter
1-3pm, CMCC

Westside Fitness Class
6.30-7:30pm
Barvas hall

Alison's Circuits, 7-8pm
Spòrsnis

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

Sunnd
COMMUNITY
HEALTH & WELLBEING

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