

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Yoga for Adults</b> 10am – 11am (Lumi Foundation) Free	<b>Tiny Totts drop-in</b> (0 – 5yrs) 10am – 12pm <i>Creche worker available</i> (An-Nisa CE)	<b>Alterations corner</b> 10am – 12:30pm (An-Nisa CE) Free  <b>Gardening</b> 10am-12pm <b>HFGA</b> Free	<b>Pilates</b> 11.00am-12.00pm £1 (Open Age)
<b>Zumba for Adults</b> 11.30 – 12.30 Free	<b>Reiki</b> 11:30am-1:30pm (£3 Donation) Book in advance	<b>Chair Exercise</b> 12:15pm – 1:15pm Free	<b>Acupuncture</b> 10am – 1pm (Ki People) (£5 Donation) Book in Advance	<b>Hobby Exchange</b> 12:30 – 3pm Free
	<b>Chair Yoga</b> 12:30pm-1:30pm (Open Age) (£1 donation)	<b>HUB CLOSED</b> from 2pm	<b>50+ Tai Chi</b> 1pm – 2pm £1 (Open Age)	<b>Massage Session</b> 1pm-3pm (£3 Donation) <i>Book in Advance</i>
<b>Children's Arts &amp; Crafts</b> 4:30pm – 5:30pm Free		<b>Scouts – registration required</b> <a href="mailto:10thfulham@westlondonscouts.org">10thfulham@westlondonscouts.org</a>	<b>Steady &amp; Stable Class</b> 2:15pm – 3:15pm Fully booked	<b>Boxfit (5-11yrs)</b> 4:30pm-5:30pm Free
			<b>Dance Exercise for Adults</b> 3.15pm-4.15pm £1 (Open Age)	
<b>Yoga for Adults</b> 6:30pm – 7:30pm (Lumi Foundation) Free	<b>Artist in Residence Art Workshop</b> 5.30pm-7:30pm Free		<b>Community Bingo</b> 6pm- 8pm £1 Per Book	<b>Youth Football Session</b> (10-18yrs) 5pm-6pm Free