

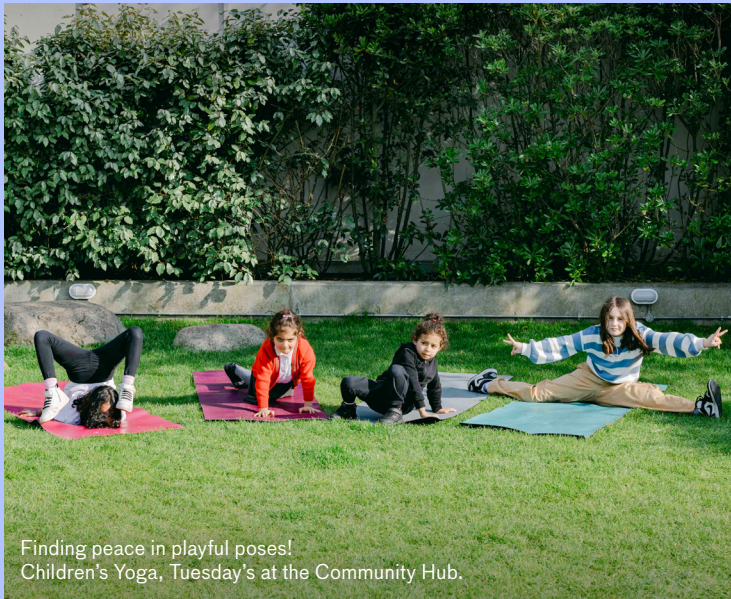
# The Community Hub

## A vibrant space with a range of free classes and activities. Everyone is welcome.

Join us for Tea Talks

Where local health champs share tips for wellness!

Please contact the **Community Hub** to find out more information



Finding peace in playful poses!  
Children's Yoga, Tuesday's at the Community Hub.

[What3Wordsspot.deeper.mat](https://www.what3wordsspot.deeper.mat)



- 5 mins to West Kensington Tube Station
- 9 mins to West Brompton Tube Station



SCAN ME

# What's happening June - July

Subject to change during half-term & school holidays

## Monday

### Paint to Create

9.00 – 10:45

*Free (Hurdles2Hoops)*

### Zumba, intermediate intensity

11.00 – 12.00

*Free*

### Zumba, high intensity

12.00 – 13.00

*Free*

### Chair Exercise

13.15 – 14.15

*Free*

### Hub closed

from 15.00

### Therapies

#### Sport Massage

Book in advance

13:00 – 15:00

*£15 for 3 sessions*

## Tuesday

### Yoga for Adults

10.00 – 11.00

*Free (Lumi Foundation)*

### Chair Yoga with Paola

12.30 – 13.30

*£1*

### Dance Exercise

13.30 – 14.30

*£1 (Open Age)*

### Children's Yoga

4-9 yrs. 16.15 – 17.00

*Free (Mini Me Yoga)*

### Artist in Residence Workshop

17.30 – 19.30

*Free*

### Therapies

#### Reiki

12:00 – 15:00

*£3*

## Wednesday

### Alterations Corner

10.00 – 12.00

*Free (An-Nisa Community Empowerment)*

### Crafts Circle

10.00 – 12.00

*Free (Community led)*

### Chair Exercise

12.15 – 13.15

*Free*

### Yoga for Adults

13.30 – 14.30

*£2 donation*

*(Lumi Foundation)*

### Hub closed

from 15.00

07521 760 578

## Thursday

### Stay and Play

10.00 – 12.30

*Free (18 months – 5 years)*

### Gardening Workshop

10.00 – 12.00

*Free (Hammersmith Community Gdns Association)*

### 50+ Tai Chi

13.00 – 14.00

*£1 (Open Age)*

### Steady & Stable Class

14.15 – 15.15

*Register via NHS*

*(Open Age & NHS)*

### Kids Hub

16:30 – 18:00

8-11 yrs

*(Community Led)*

### Community Bingo

19.00 – 20.30

*£1 per book (Dementia Action Alliance)*

### Therapies

#### Acupuncture

Book in advance

10:00 – 13:00

*£5 donation (Ki People)*

## Friday

### Pilates

11.00 – 12.00

*£1 (Open Age)*

### Pilates with Paola

12.00 – 13.00

*£1*

### Boxing

4-7 yrs. 16.30 – 17.30

8-11 yrs. 17.30 – 18.30

12-18 yrs. 18.30 – 19.30

*£12 per 12 weeks*

*Registration required*

### Adults only Table Tennis

19.30 – 21.00

*Free*

### Therapies

#### Massage Session

13:00 – 15:00

*£3 donation*



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The  
Earls Court  
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Company