

COMMUNITY HUB

Summer
Schedule
July/August
2022

Monday	Tuesday	Wednesday	Thursday	Friday
25th Esol classes <i>Free</i> 9:30 - 11:30 Women's health session <i>Free (closed group)</i> 4:00 - 5:00 Women's yoga <i>Free</i> 6:00 - 6:55 Yoga for all <i>Free</i> 7:05 - 8:00	26th Drop in with Soft Play <i>Free</i> 10:00 - 4:00 East African Dance <i>Free</i> 4:30 - 5:30	27th Coffee Morning with Sewing <i>Free</i> 10:00 - 1:00 Chair Exercise <i>Free</i> 1:30 - 2:30 Women's Health Session <i>Free (closed group)</i> 3:00 - 4:00 Family Fun Dinner <i>Free</i> 4:30 - 6:30	28th Zumba <i>Free</i> 11:30 - 12:30 Minaret Summer Activities <i>Free</i> 12:30 - 2:30 5RHYTHMS Waves Class <i>Fee to be paid</i> 7:30 - 9:30	29th Snack and Chat <i>Free</i> 11:00 - 1:00 Reflexology <i>Free</i> 11:00 - 1:00 Youth Session <i>Free</i> 3:00 - 7:00
1st Esol classes <i>Free</i> 9:30 - 11:30 Minaret summer activities <i>Free</i> 12:30 - 2:30 Children's arts & crafts <i>Free</i> 4:00 - 5:00 Women's yoga <i>Free</i> 6:00 - 6:55 Yoga for all <i>Free</i> 7:05 - 8:00	2nd Drop in with Soft Play <i>Free</i> 10:00 - 4:00 East African Dance <i>Free</i> 4:30 - 5:30 Youth Session <i>Free</i> 5:30 - 7:00	3rd Coffee Morning with Sewing <i>Free</i> 10:00 - 1:00 Women's Health Session <i>Free (closed group)</i> 3:00 - 4:00 Family Fun Dinner <i>Free</i> 4:30 - 6:30	4th Zumba <i>Free</i> 11:30 - 12:30 Minaret Summer Activities <i>Free</i> 12:30 - 2:30 2-3 Degree (15 - 25 yrs.) <i>Free</i> 5:00 - 7:00 Earls Court Future Programme 5RHYTHMS Waves Class <i>Fee to be paid</i> 7:30 - 9:30	5th Snack and Chat <i>Free</i> 11:00 - 1:00 Reflexology <i>Free</i> 11:00 - 1:00 Massage sessions <i>Free</i> 1:00 - 3:00 Youth Session <i>Free</i> 3:00 - 7:00
8th Esol classes <i>Free</i> 9:30 - 11:30 Minaret summer activities <i>Free</i> 12:30 - 2:30 Children's arts & crafts <i>Free</i> 4:00 - 5:00 Women's yoga <i>Free</i> 6:00 - 6:55 Yoga for all <i>Free</i> 7:05 - 8:00	9th Workshop Hub Closed	10th Coffee Morning with Sewing <i>Free</i> 10:00 - 1:00 Women's Health Session <i>Free (closed group)</i> 3:00 - 4:00 Family Fun Dinner <i>Free</i> 4:30 - 6:30	11th Zumba <i>Free</i> 11:30 - 12:30 Minaret Summer Activities <i>Free</i> 12:30 - 2:30 2-3 Degree (15 - 25 yrs.) <i>Free</i> 5:00 - 7:00 Earls Court Future Programme 5RHYTHMS Waves Class <i>Fee to be paid</i> 7:30 - 9:30	12th Snack and Chat <i>Free</i> 11:00 - 1:00 Reflexology <i>Free</i> 11:00 - 1:00 Massage sessions <i>Free</i> 1:00 - 3:00 Youth Session <i>Free</i> 3:00 - 7:00
15th Esol classes <i>Free</i> 9:30 - 11:30 Minaret summer activities <i>Free</i> 12:30 - 2:30 Children's arts & crafts <i>Free</i> 4:00 - 5:00 Women's yoga <i>Free</i> 6:00 - 6:55 Yoga for all <i>Free</i> 7:05 - 8:00	16th Drop in with Soft Play <i>Free</i> 10:00 - 4:00 East African Dance <i>Free</i> 4:30 - 5:30 Youth Session <i>Free</i> 5:30 - 7:00	17th Coffee Morning with Sewing <i>Free</i> 10:00 - 1:00 Chair Exercise <i>Free</i> 1:30 - 2:30 Women's Health Session <i>Free (closed group)</i> 3:00 - 4:00 Family Fun Dinner <i>Free</i> 4:30 - 6:30	18th Zumba <i>Free</i> 11:30 - 12:30 Minaret Summer Activities <i>Free</i> 12:30 - 2:30 2-3 Degree (15 - 25 yrs.) <i>Free</i> 5:00 - 7:00 Earls Court Future Programme 5RHYTHMS Waves Class <i>Fee to be paid</i> 7:30 - 9:30	19th Snack and Chat <i>Free</i> 11:00 - 1:00 Reflexology <i>Free</i> 11:00 - 1:00 Massage sessions <i>Free</i> 1:00 - 3:00 Youth Session <i>Free</i> 3:00 - 7:00
22nd Minaret summer activities <i>Free</i> 12:30 - 2:30 Children's arts & crafts <i>Free</i> 4:00 - 5:00 Women's yoga <i>Free</i> 6:00 - 6:55 Yoga for all <i>Free</i> 7:05 - 8:00	23rd Drop in with Soft Play <i>Free</i> 10:00 - 4:00 East African Dance <i>Free</i> 4:30 - 5:30 Youth Session <i>Free</i> 5:30 - 7:00	24th Coffee Morning with Sewing <i>Free</i> 10:00 - 1:00 Chair Exercise <i>Free</i> 1:30 - 2:30 Poetry Workshop <i>Free</i> (timing tbc) Women's Health Session <i>Free (closed group)</i> 3:00 - 4:00 Family Fun Dinner <i>Free</i> 4:30 - 6:30	25th Zumba <i>Free</i> 11:30 - 12:30 Minaret Summer Activities <i>Free</i> 12:30 - 2:30 2-3 Degree (15 - 25 yrs.) <i>Free</i> 5:00 - 7:00 Earls Court Future Programme 5RHYTHMS Waves Class <i>Fee to be paid</i> 7:30 - 9:30	26th Snack and Chat <i>Free</i> 11:00 - 1:00 Reflexology <i>Free</i> 11:00 - 1:00 Massage sessions <i>Free</i> 1:00 - 3:00 Youth Session <i>Free</i> 3:00 - 7:00