

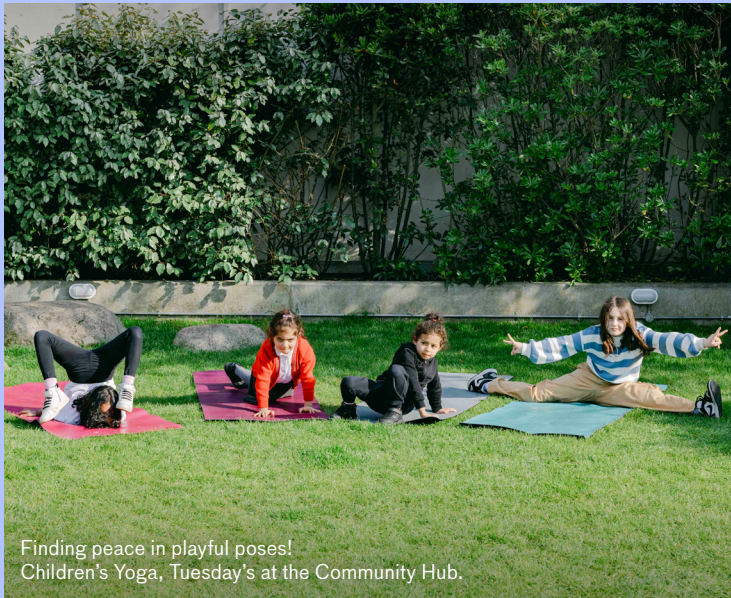
The Community Hub

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

1a Aisgill Avenue
West Kensington
W14 9NF



SCAN ME



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

What3Words spot.deeper.mat



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

What's happening in September - December

Subject to change during half-term & school holidays

Monday*

Paint 2 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

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)

Artist in Residence

Art Workshop
17.30 – 19.30
Free

Reiki

12.00 – 15.00
£3

Wednesday*

Pilates with Paola

10.00 – 11.00
£1

African Dance with Paola

11.00 – 12.00
£1

Chair Exercise

12.15 – 13.15
Free

Yoga for Adults

13.30 – 14.30
£2 Donation
(Lumi Foundation)

* The Hub will be closed
from 15:00

Thursday

Digital Champions

10.00 – 12.00
Free (Unity in the Community)

Crafts Circle

10.00 – 12.00
Free (Community Led)

Gardening Workshop

10.00 – 12.00
Free (Hammersmith
Community Garden
Association)

50+ Tai Chi

13.00 – 14.00
£1 (Open Age)

Steady & Stable Class

14.15 – 15.15pm
Register via NHS (Open Age)

Kids Club

16.00 – 18.00
Free (Community Led)

Community Bingo

19.00 – 20.30
£1 Per Book (Dementia
Action Alliance)

Acupuncture

Book in Advance
10.00 – 13.00
£5 Donation (Ki People)

Friday

Stay and Play

10.00 – 12.30
Free (18 months – 5 years)

Boxing

16.30 – 17.30 (4 – 7 yrs)
17.30 – 18.30 (8 – 11 yrs)
18.30 – 19.30 (12 – 18 yrs)
Registration Required
£12 Per 12 Weeks

Adults only Table Tennis

19.30 – 21.00
Free

Massage Session

Book in Advance
13.00 – 15.00
£3 Donation

* The Hub will be closed
from 15:00



Community Hub
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W14 9NF

📍 📞 @earls court devco
earls court devco.com

07521 760 578

The
Earls Court
Development
Company