

The Community Hub

What's happening January – March*



Monday

Paint to Create
9.00 – 11.00
Free (Hurdles2Hoops)

Zumba for Adults
11.30 – 12.30
Free

Chair Exercise
13.00 – 14.00
Free

Sport Massage
Book in Advance
13.00 – 15.00
£15 for 3 sessions

Hub Closed
from 15.00

Tuesday

Yoga for Adults
10.00 – 11.00
Free (Lumi Foundation)

Reiki
12.00 – 15.00
£3

Chair Yoga with Paola
12.30 – 13.30
£1

Dance Exercise
13.30 – 14.30
£1 (Open Age)

Children's Yoga
4-8 yrs. 16.15 – 17.00
Free (Mini Me Yoga)

Artist in Residence Workshop
17.30 – 19.30
Free

Wednesday

Alterations Corner
10.00 – 12.00
Free (An-Nisa Community Empowerment)

Chair Exercise
12.15 – 13.15
Free

Yoga for Adults
13.30 – 14.30
£2 Donation
(Lumi Foundation)

Hub Closed
from 15.00

Thursday

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

50+ Tai Chi
13.00 – 14.00pm
£1 (Open Age)

Steady & Stable Class
14.15 – 15.15
Sorry, Fully Booked
(Open Age & NHS)

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

Friday

Pilates
11.00 – 12.00
£1 (Open Age)

Pilates with Paola
12.00 – 13.00
£1

MACWO Women Wellness Sessions
13.00 – 15.00
Free (Mother and Child Welfare Organisation)

Massage Session
Book in Advance
13.00 – 15.00
£3 Donation

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

Table Tennis
19.30 – 20.50
Free

*Subject to change during half-term & school holidays

The Earls Court Development Company



Community Hub
1a Aisgill Avenue
W14 9NF

📷 ✕ 📱 @earlscourtdevco
earlscourtdevco.com

07521 760 578