

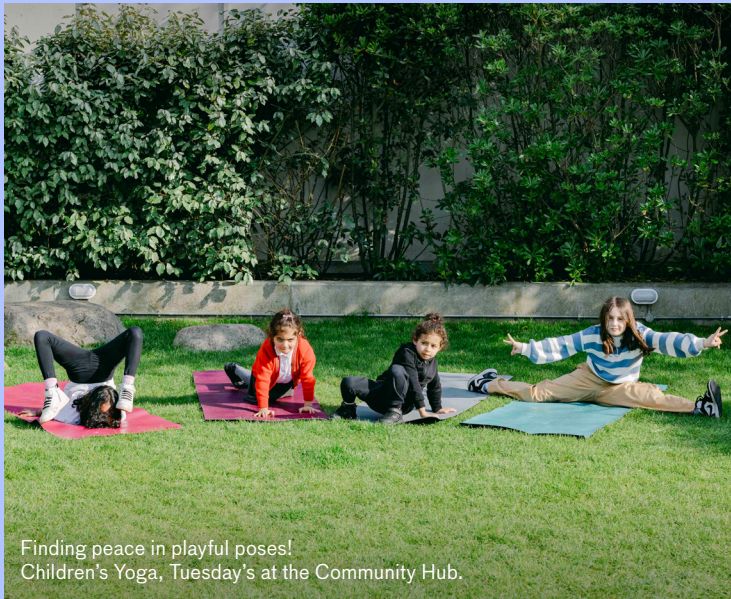
The Community Hub

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

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

18.00 – 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
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