



PROGRAMME OF ACTIVITIES – Winter 2022

Main Hall and rooms available for hire weekdays, evenings and weekends.
 For more details contact bookings@elizabeth-house.org.uk or call 020 7690 1300.
<https://elizabeth-house.org.uk>

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<p>9.15-10.15 Aerobics (Fee)</p> <p>10.00-11-15 Toddler Ballet (Fee)</p> <p>11.30-1.00 Women's support group *FREE*</p> <p>10.30-11.30 Tiny Time (Fee)</p>	<p>9.30-10.45 Community Yoga with Mel (Fee)</p> <p>10.30-12.00 Baby Massage Bright Start (need to register)</p> <p>11:00-2:00 Community Food Hub (Contact us if you need support)</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>11.00-2.00 <i>Blue House Club (Over 50's)</i> *FREE*</p> <p>13.30 – 3:00 Baby Massage with Roz (Fee)</p>	<p>10.00-3.00 NLFS (Closed group)</p> <p>9.45-10.45 Martin Avril Live music puppetry show (Fee)</p> <p>11.15-12.45 Toddler Ballet (2-4) (Fee)</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>10:00-11.00 Unique Sound yoga with Kim Sheelan (Fee)</p>	<p>10.00-12.00 Sports School (2-6) (Fee)</p> <p>11.00-12.00 Spanish Pájara Pinta Baby and Toddler Group (Fee)</p>	<p>Rooms for hire 10.30-8.00 pm Call office 020 7690 1300 Email: bookings@elizabeth-house.org.uk</p>
Afternoon	<p>11.00-3.00 PPCP IT Training & Employment *FREE*</p> <p>3.30-6.00 After School Club</p>	<p>11.00-3.00 PPCP IT Training & Employment *FREE*</p> <p>3.30-6.00 After School Club</p>	<p>11.00-3.00 PPCP IT Training & Employment *FREE*</p> <p>3.30-6.00 After School Club</p>	<p>11.00-3.00 PPCP IT Training & Employment *FREE*</p> <p>3.30-6.00 After School Club</p>	<p>11.00-3.00 PPCP IT Training & Employment *FREE*</p> <p>3.30-6.00 After School Club</p>	<p>2.00-3.30 Wizzie Wizzie Coding Club (8-14) *FREE*</p> <p>Rooms for hire</p>	<p>Rooms for hire 10.30am-8.00 pm</p>
Evening	<p>6.30-8.30 Youth Club (11+) *FREE*</p> <p>7.00-9.30 PPCP Youth IT Training *FREE*</p>	<p>6.15-7.15 Zumba Class *FREE*</p> <p>7.30-9.00 Choir</p> <p>7.00-9.30 PPCP Youth IT Training (online)</p>	<p>6.30-8.30 Youth Club (11+) *FREE*</p> <p>7.00-9.30 PPCP Youth IT Training (online) *FREE*</p>	<p>6.30-8.30 Kuk Sool Won Korean martial arts (Fee)</p> <p>7.00-9.30 PPCP Youth IT Training (online) *FREE*</p>		<p>Rooms for hire 1pm-10.00 pm Call Office 020 7690 1300</p>	<p>Rooms for hire 10.30am-8.00 pm</p>

