



PROGRAMME OF ACTIVITIES (term time) – Spring 2024

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>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9.15-10.15 Aerobics (Fee to pay)</p> <p>10.00-11.15 Toddler Ballet (2-4y) (Fee to pay)</p> <p>11.30-1.30 Women's Group (Warm Space) *FREE*</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30-10.45 Community Yoga (Fee to pay)</p> <p>10.30-12.00 Baby Massage Register w/ Bright Start</p> <p>11:15-12:45 Community Food Hub (Warm Space) (Contact us if you need support)</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>11:00-12.30 Reading Round & The Highbury Tales Reading groups</p> <p>11.00-1.30 Blue House (lunch) Club (Warm Space) For over 50's *FREE*</p> <p>1.30-3.00 Baby Massage with Roz (Fee to pay)</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.45-10.45 Tiny Time Music (0-3y) (Fee to pay)</p> <p>10.00-3.00 NLFS (Closed group)</p> <p>11.00-11.45 Toddler Ballet (2-4y) (Fee to pay)</p> <p>12.00 – 1.00 Self Defence and MMA Women only (Fee to pay)</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>9.00-12.00 Ignition Music Tuition with World Harmony Orchestra (donations)</p> <p>11.00-1.00 *NEW* Contact Improvisation Rick Nodine (Fee to pay)</p> <p>12.30-2.00 Connections & Conversations English Conversation group *FREE*</p>	<p>10.00-12.00 Sports School (2-6y) (Fee to pay)</p> <p>Rooms for hire (All day)</p> <p>10.00-12.00 Access to Nature at Highbury Quadrant Nature Gardens *FREE*</p>	<p>10.30-1.30 Church Group</p> <p>Rooms for hire (All day)</p>
<p>3.30-6.00 After School Club</p> <p>4:00-5:00 Breakdance Club Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4:00-5:00 The Home Learning Study Club</p>	<p>3.30-6.00 After School Club</p> <p>3:30-5:00 Cooking Club (4y-8y) (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4:00-5:00 Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>3:30-5:00 Cooking Club</p> <p>4:00-5:00 Kids Boxing Club (Fee)</p>	<p>1-5pm 21CS IT Training (16+) *FREE*</p>	<p>We also offer:</p> <p>*Multicultural Therapy with Nafisyat</p> <p>*Residents Forum</p>
<p>6.30-8.30 Youth Club (11+) *FREE*</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.15-7.10 Women Only Zumba Class *FREE*</p> <p>7.30-9.30 Swing Dance (Fee to pay)</p> <p>7.30-9.30 21CS IT Training (16+)</p>	<p>7.30-9.30 21CS IT Training (16+) *FREE*</p> <p>Hall available to hire for a regular group</p>	<p>6.00-9.00 Kuk Sool Won Korean Martial Art (Fee)</p> <p>6.00-7.00 *NEW* Community Choir (fee)</p>	<p>6.30-8.30 Youth Club (11+) *FREE*</p>		