



Abbey Community Centre, 222c Belsize Road, London NW6 4DJ, Tel No: - 020 7372 9860

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July 2014

Tues 1 July	2:15pm – 3:15pm	Hatha Yoga (£1.00)
Wed 2 July	12:15pm – 1:15pm	Yoga (1.00)
Mon 7 July	1pm – 3 pm	Alzheimer/Dementia session: Age UK Camden
Tues 8 July	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 9 July	12:15 pm – 1:15pm	Yoga (£1.00)
Mon 14 July	11am – 1pm 1pm – 3 pm	Golders Green Park (Meeting at the centre for 10.45pm) Monday Club
Tues 15 July	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 16 July	12:15 pm – 1:15pm	Yoga (£1.00)
Mon 21 July	10 – 12pm 1pm – 3 pm	Healthy Cooking Club - (booking required) Monday Club (Massage available £5.00 for 15 minutes – please book with Raf)
Tues 22 July	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 23 July	12:15 pm – 1:15pm	Yoga (£1.00)
Mon 28 July	11am – 4pm 1pm – 3 pm	Emirates cable cars trip (£8.80 - booking required) Monday Club
Tues 29 July	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 30 July	12:15 pm – 1:15pm	Yoga (£1.00)

August 2014

Mon 4 Aug	10 – 12pm 1pm – 3 pm	Healthy Cooking Club - (booking required) Celebrating Eid at Henna (members encouraged to bring a dish to share)
Tues 5 Aug	2:15pm – 3:15pm	Hatha Yoga (£1.00)
Wed 6 Aug	12:15pm – 1:15pm	Yoga (1.00)
Mon 11 Aug	11am – 1pm 1pm – 3pm	Primrose Hill Park (Meeting at the centre for 10.45pm) Monday Club
Tues 12 Aug	2:15pm – 3:15pm	Hatha Yoga (£1.00)
Wed 13 Aug	12:15pm – 1:15pm	Yoga (£1.00)
Mon 18 Aug	11.30pm – 4pm 1pm – 3 pm	Jason's Boat trip (£9.00 - booking required) Monday Club (Massage available £5.00 for 15 minutes – please book with Raf)
Tues 19 Aug	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 20 Aug	12:15 pm – 1:15pm 1.30pm – 4pm	Yoga (£1.00) Camden Community Fund Festival
Mon 25 Aug	1pm – 3 pm	Bank Holiday (Henna closed)
Tues 26 Aug	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 27 Aug	12:15 pm – 1:15pm	Yoga (£1.00)

September 2014

Mon 1 Sept	1pm – 3 pm	Monday Club (Service users forum meeting)
Tue 2 Sept	2:15pm – 3:15pm	Hatha Yoga (£1.00)
Wed 3 Sept	12:15pm – 1:15pm	Yoga (1.00)
Mon 8 Sept	1pm – 3pm	Free Health-checks: British Health Foundation
Tue 9 Sept	2:15pm – 3:15pm	Hatha Yoga (£1.00)
Wed 10 Sept	12:15pm – 1:15pm	Yoga (£1.00)
Mon 15 Sept	1pm – 3 pm	Monday Club
Tue 16 Sept	2:15 pm – 3:15 pm	Hatha Yoga (£1.00)
Wed 17 Sept	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 18 Sept	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 22 Sept	1pm – 2 pm 2pm – 3pm	How to reduce the risk of air pollution: Camden Council Monday Club
Tues 23 Sept	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 24 Sept	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 25 Sept	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 29 Sept	1pm – 3 pm	Celebrating Navrati with Henna
Tues 30 Sept	2:15 pm – 3:15pm	Hatha Yoga (£1.00)

October 2014

Wed 1 Oct	12:15pm – 1:15pm	Yoga (1.00)
Thurs 2 Oct	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 6 Oct	1pm – 3 pm	Monday Club
Tues 7 Oct	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 8 Oct	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 9 Oct	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 13 Oct	1pm – 3 pm	Monday Club
Tues 14 Oct	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 15 Oct	12:15pm – 1:15pm	Yoga (1.00)
Thurs 16 Oct	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 20 Oct	1pm – 3 pm	Monday Club
Tues 21 Oct	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 22 Oct	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 23 Oct	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 27 Oct	1pm – 3 pm	Monday Club
Tues 28 Oct	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 29 Oct	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 30 Oct	12.30pm – 2.30pm	Pre – entry Level ESOL Class

November 2014

Mon 3 Nov	10am – 12pm 1pm – 3pm	Money Skills Workshop: Mary Ward Centre Monday Club
Tues 4 Nov	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 5 Nov	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 6 Nov	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 10 Nov	10am – 12pm 1pm – 3 pm	Money Skills Workshop: Mary Ward Centre Monday Club
Tues 11 Nov	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 12 Nov	12:15pm – 1:15pm	Yoga (1.00)
Thurs 13 Nov	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 17 Nov	10am – 12pm 1pm – 3 pm	Money Skills Workshop: Mary Ward Centre Monday Club
Tues 18 Nov	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 19 Nov	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 20 Nov	12.30pm – 2.30pm	Pre – entry Level ESOL Class
Mon 24 Nov	10am – 12pm 1pm – 3 pm	Money Skills Workshop: Mary Ward Centre Monday Club
Tues 25 Nov	2:15 pm – 3:15pm	Hatha Yoga (£1.00)
Wed 26 Nov	12:15 pm – 1:15pm	Yoga (£1.00)
Thurs 27 Nov	12.30pm – 2.30pm	Pre – entry Level ESOL Class