

King Square Community Centre Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		<p>Qi Gong 9 – 10am Gentle exercise, breathing and movement. A welcoming session for all fitness levels.</p> <p>Bright Start Family Fitness 11am – 12pm</p> <p>020 7527 4089 brighstartsouth@islington.gov.uk</p>	<p>Active Spaces Women's Fitness (Outdoors) 10 - 11am</p> <p>All fitness levels welcome. Meet at the King Square sports pitch.</p> <p>0207 527 2324 partnerships@islington.gov.uk</p>		<p>Pilates for All 10.30 – 11.30am</p> <p>For more information email office@healthygenerations.org.uk or call 07981 142 376</p>
PM	<p>Strength and Balance for 55+ Followed by Refreshments 12 - 1.30pm</p> <p>For more information email office@healthygenerations.org.uk or call 07981 142 376</p>	<p>King Square Tenant and Resident Association Coffee Afternoon 1 – 4pm</p> <p>Come and join us for a drink and a chat. Tea, coffee, juice and biscuits provided. Catch up with friends old and new.</p> <p>Kingsquaretra@gmail.com</p>			<p>King Square Tenant and Resident Association Coffee Afternoon 12 – 2.30pm</p> <p>Come and join us for a drink and a chat. Tea, coffee, juice and biscuits provided. Catch up with friends old and new.</p> <p>Kingsquaretra@gmail.com</p>

Saturdays and Sundays – available for children's parties 10.30am – 6pm
Contact partnerships@islington.gov.uk for info and availability