

# Vibast Community Centre

Old Street, EC1V 9NH

## September to October 2023 Programme



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Stay and Play</b> 9.30am - 11.30am Under 5's Drop in</p> <p><b>Dance Fit</b> 1pm - 2pm Free Healthy Generations 07981142376</p> <p><b>Coffee afternoon</b> 3pm - 5pm Open to all</p> <p><b>Family Kitchen</b> 3pm - 6pm Referral Only Bright Futures</p> <p><b>Zumba</b> 7pm - 8pm Free Open to all</p> <p><b>ESOL - Union Chapel</b> 7.30 - 9pm Free 0207 226 1686</p>	<p><b>ESOL E1</b> 10am - 12pm Free Adult Community Learning</p> <p><b>Pottery</b> 10am - 12pm Free Starting 26th September (10 weeks course) 07791166602</p> <p><b>ESOL</b> 1pm - 3pm Free Adult Community Learning</p> <p><b>Stay fit boxing</b> 5pm - 6.30pm Fees applicable 6+ and 18+ 07920024597</p> <p><b>Skinners Dance Class</b> 6.30pm - 8.30pm Free Open to all</p>	<p><b>Stay fit boxing</b> 10am - 11am £5 per session 18+, women only 07920024597</p> <p><b>Pilates</b> 11am - 12.00pm Free Contact Healthy Generations 0798114237</p> <p><b>SoundSkool</b> 1pm - 3pm (Closed group)</p> <p><b>ESOL - Union Chapel</b> 2pm - 5pm Free 0207 226 1686</p> <p><b>Zumba</b> 5pm - 6pm £5 Per session Open to all</p>	<p><b>Stay fit boxing</b> 6pm - 7pm £5 per session 18+, women only 07920024597</p> <p><b>Wingsun</b> 7pm - 8.30pm Fees applicable Age 10+ Wingsun London 07932401520</p>	<p><b>ESOL E1</b> 10am - 12pm Free Adult Community Learning</p> <p><b>ESOL</b> 1pm - 3pm Free Adult Community Learning 07734 777466</p> <p><b>Stay fit boxing</b> 5pm - 6.30pm Fees applicable 6+ and 18+ 07920024597</p> <p><b>Capoeira</b> 7pm - 8.30pm Fees applicable Age 18+ 07812991769</p>	<p><b>Movement for non Movers</b> 9.30am to 10.30am Open to all Healthy Generations 07981142376</p> <p><b>JummaH prayer group</b> 12.30pm - 2.30pm Free Open to all Azhar Academy</p> <p><b>Karoon Taekwondo</b> 5.30pm - 6.30pm Fees applicable, Age 5+ Karoon Taekwondo 07903570600</p> <p><b>Wingsun</b> 7pm - 8.30pm Fees applicable Age 10+ Wingsun London 07932401520</p>	<p>Various events or free for private hire</p> <p><b>Sunday</b></p> <p><b>Karoon Taekwondo</b> 11pm - 1pm Fees applicable, Age 5+ Karoon Taekwondo 07903570600</p> <p><b>Community Art Class</b> 1.30pm - 5.30pm 1st Sunday of every month Free Age 18+ alliesartclub@gmail.com</p> <p><b>London Autism Group</b> 11am - 1pm 3rd Sunday of every month Free</p>



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