

Osmani Trust Health Trainers Activity Timetable



North West Locality—Weavers, Spitalfields and Banglatown, Bethnal Green North and South, Mile End and Globe Town

October to December 2014 – Q3

MONDAY	Men's Gym & Sauna £1.50 10:00am - 12:00pm Hayaa Fitness Staff: Shamimuz	Women's Swimming 12:20pm - 1:20pm York Hall Leisure Centre	HT Information Stall 2:30pm - 4:00pm Idea Store (W)	Men's Boxing - £3.50 7.30pm – 9.00pm Osmani Centre Staff: Shamimuz	Women's Gym & Sauna £1.50 5:30pm – 9.00pm Whitechapel Sports Centre / Staff: Shajue
TUESDAY	Gardening & Food Growing Project 10:00am – 1:00pm Spitalfields City Farm Staff: Azir / Emma	Women's Aerobics Class - £1.00 11:00am - 12:00pm Osmani Centre Staff: Emma	Women's Yoga Class £1.00 12:30am - 1:30pm Osmani Centre Staff: Emma	Women's Nia Fusion Fitness Class - £2.00 6:30pm - 7:30pm Osmani Centre Staff: Annemette	Women's Swimming 7:30pm - 9:30pm York Hall Leisure Centre
WEDNESDAY	Mixed Gym - £1.50 10:00am - 12:00pm Whitechapel Sports Centre Staff: Azir	Women's Wellness Group - Monthly 10:00am - 1:00pm Osmani Centre Staff: Emma	Women's Pilates Class £1.00 11:30am - 12:30pm Osmani Centre Staff: Shajue	Drop In Clinic 3.00pm - 5.00pm Osmani Centre	
THURSDAY	Women's Gym & Sauna - £1.50 10.30am - 12.30pm Hayaa Fitness Staff: Annemette	Men's Coffee Morning & Keep Fit Class- £1 10:00am - 12:00pm Osmani Centre Staff: Shamimuz	Men's Taster Massage £5.00 11.30am – 12.30pm Osmani Centre Staff: Azir	Men's Mental Health Social Club 2:30pm - 5:00pm Osmani Centre Staff: Shamimuz	Women's Basketball 6:30pm - 8.00pm Osmani Sports Hall Staff: Alema
FRIDAY	Open Swimming Session 9.00am – 5.00pm Participating GLL Centre's	Low Intensity Exercise (Mixed Session 50+) 11.30am - 12.00pm St Hilda's Centre Staff: Shajue	Men's Badminton £1.00 4.00pm – 5.00pm Whitechapel Sports Centre Staff: Azir	Women's Kick Boxing Session- £2.00 5:45pm – 6:45pm Osmani Centre Staff: Annemette/Shajue	Women's Zumba Fitness Session - £2.00 6:00pm – 7:00pm Osmani Centre Staff: Shajue
SATURDAY	Mixed 5k Park Run Session - FREE 9.00am – 10.00am Mile End Park Staff: Alan	Swimming for Families - FREE 12.00pm till close Participating GLL Leisure Centre's	Stalls at Various Local Events Between 10.00am-4.00pm		
Blue: Men Only Sessions		Purple: Women Only Sessions		Green: Open/Mixed Sessions	

Please call 0207 247 8080 to take part in the Osmani Health Trainers Programme