

Osmani Trust Health Trainers Activity Timetable

October to December 2015 – Q3 (12 Week Programme)



North West Ward Cluster – Weavers, Spitalfields and Banglatown, St Peters and Bethnal Green

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Venue
Men's Gym & Sauna – £1.50 Venue: Hayaa Fitness Gym Time: 10:00am – 12:00pm Staff: Shamimuz	Dance Session for Over 60's Green Candle Company Venue: Oxford House Time: 10:30am – 12:30pm Vicki – 0207 739 7722	Mixed Gym Session - £1.50 Venue: Whitechapel Sports Centre Time: 10:00am – 12:00pm Staff: Azir	Men's Coffee Morning & Keep Fit Class - £1.00 Venue: Osmani Centre Time: 10:00am – 12:00pm Staff: Azir	Open & Over 50's Cycle Sessions Venue: Osmani Centre (Open) Zacchaeus Project (Over 50's) Time: 10:00am – 12:00pm Staff: Alan	Mixed 5K Park Run Session Venue: Mile End Park Time: 9:00am – 10:00am Staff: Alan www.parkrun.org.uk	Osmani Centre - 58 Underwood Road, London E1 5AW Osmani Sports Hall - 58 Underwood Road, London E1 5AW
Beginners Cycle Session Venue: Osmani Centre Time: 11:00am – 12:00pm Staff: Alan	The Coriander Club & Food Growing Venue: Spitalfields City Farm Time: 11:00am – 1:00pm Lutfun Hussain - 020 7247 8762	Monthly Women's Wellness Group (Closed session) Venue: Osmani Centre Time: 10:00am – 1:00pm Staff: Emma	Women's Gym & Sauna - £1.50 Venue: Hayaa Fitness Gym Time: 10:30am – 12:30pm Staff: Rohima	Open Swimming Session Venue: York hall Leisure Centre Time: 10.30am – 11.30am Staff: Azir	Women's Running Fitness Venue: Bethnal Green Gardens / Tower Hamlets Recovery Centre Staff: Alan	Whitechapel Sports Centre - 55 Durward Street, London E1 5BA Hayaa Fitness Gym – 7 Fieldgate Street, London E1 1JU
Free cycle lessons are available at other slots. Please contact the Health Trainers Alan and Azir for booking information.	Women's Aerobics - £1.00 Venue: Osmani Centre Time: 11:15am – 12:15pm Staff: Tanzina	Women's Pilates - £1.00 Venue: Osmani Centre Time: 11:30am – 12:30pm Staff: Rohima	Men's Taster Massage - £5.00 Venue: Osmani Centre Time: 12:00am – 1:00pm Staff: Azir	Remember to Dance Session for people with Dementia Venue: Oxford House Time: 10:30am – 12:00pm Vicki – 0207 739 7722	Family Swim Venue: Participating GLL Centres Time: 12:00pm till close	Idea Store (W) – 321 Whitechapel Road, London E1 1BU Mile End Park – Rhodeswell Road, London E14 7TW
Women's Swimming Session Venue: York Hall Time: 12:20pm – 1:20pm	Women's Yoga - £1.00 Venue: Osmani Centre Time: 12:30pm – 1:30pm Staff: Tanzina	HT Information Outreach Stall Venue: London Muslim Centre Time: 12:30pm - 2:30pm	Lunchtime Meditation Classes Venue: London Buddhist Centre Time: 1:00pm – 2:00pm Staff: Alan	Chair-Based Light Exercise Session for Older People 50+ Venue: St. Hilda's Centre Time: 11:30am – 12:30pm Staff: Shajue		St Hilda's Centre – 18 Club Row, London E2 7EY Tower Hamlets Recovery Centre 53A Barnsley Street, London, E1 5RB
Lunchtime Meditation Classes Venue: London Buddhist Centre Time: 1:00pm – 2:00pm Staff: Alan	Lunchtime Meditation Classes Venue: London Buddhist Centre Time: 1:00pm – 2:00pm Staff: Alan	Lunchtime Meditation Classes Venue: London Buddhist Centre Time: 1:00pm – 2:00pm Staff: Alan	Men's Social Club Drop in Session Venue: Osmani Centre Time: 2:30pm – 5:00pm Staff: Alan	Lunchtime Meditation Classes Venue: London Buddhist Centre Time: 1:00pm – 2:00pm Staff: Alan	Sunday Family Multi-Sports Session Mums and Girls Only Venue: Osmani Sports Hall Time: 5:00pm – 6:00pm Staff: Alema	Bethnal Green Gardens Park - Cambridge Heath Road, London, E3 London Buddhist Centre – 51 Roman Road, London E2 0HU
HT Information Outreach Stall Venue: Idea Store (W) Time: 2:30pm - 4:30pm	Community Gardening & Food Growing Venue: Spitalfields City Farm Time: 2:30pm - 4:30pm Staff: Alan	Disability Healthy Lifestyle Service Venue: Day Opportunities Centre Time: 2:00pm – 3:00pm Staff: Azir & Alan	Debt Advice Drop in Session Venue: Toynbee Hall Time: 5pm onwards Call 020 7392 2953	Men's Badminton Venue: Whitechapel Sports Centre Time: 4:00pm – 5:00pm Staff: Azir		York Hall Leisure Centre – 5 Old Ford Road, London E2 9PJ Spitalfields City Farm – Buxton Street, London E1 5AR
Women's Gym, Sauna & Group Exercise Classes - £1.50 Venue: Whitechapel Sports Centre Time: 5:30pm – 9:00pm Staff: Shajue	Women's Nia Fusion - £2.00 Venue: Osmani Centre Time: 6:30pm – 7:30pm Staff: Rohima	Health + Drop in Clinic Health Assessment Checks Venue: Osmani Centre Time: 3:00pm – 5:00pm	Women's Basketball Venue: Osmani Sports Hall Time: 6:30pm – 8:00pm Staff: Alema	Women's Zumba - £2.00 Venue: Osmani Centre 6:00pm – 7:00pm Staff: Shajue		Sainsbury's Store – 1 Cambridge Heath Road, London E1 5SD Toynbee Hall – 28 Commercial Street, London E1 6LS
Men's Yoga – £1.00 Venue: Osmani Centre Time: 6:00pm – 7:00pm Staff: Alan			Street Dance Programme Venue: Osmani Centre Time: 6:15pm – 9:00pm Reema Huzair – 0207 422 0845	Thai Boxing Session Venue: Oxford House Time: 7:00pm – 8:30pm Gohar - 07769797722		Oxford House – Derbyshire Street, London E2 6HG Zacchaeus Project – Approach Road, London E2 9JP

Women's Session

Men's Session

Mixed Session

Drop in Session

Inclusive Session

(disabilities / mental health)

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