

WHATS ON @ BAY 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10-11AM WYKD AFRICAN YOGA	10-11AM LUNH BOX CLUB BOXING/SOCIAL CLUB WOMEN ONLY	10-11AM LUNCH BOX CLUB BOXING/SOCIAL CLUB MEN ONLY	2-4PM UNITY GROVE/ BAY 20 STREET KITCHEN NO REFERRAL NEEDED	10-11AM WYKD YOGA VINYASA with Kerrie OPEN TO ALL	11AM-12.15PM WYKD YOGA VINYASA with Lauren OPEN TO ALL	9.30-10.45AM WYKD YOGA VINYASA with Rob OPEN TO ALL
	CITIZENS ADVICE K & C 10AM-2PM CALL 020 3579 0384 for appointments	1-2PM WYKD ADULTS MEDITATION WITH Jaya	11AM -12PM RBKC ZUMBA OPEN TO ALL RESIDENTS	2-3PM AGE UK CHAIR EXERCISE OPEN TO 55+	1 -5PM ONE COMMUNITY Well being sessions OPEN TO ALL		
		2-3PM WYKD YOGA YIN yoga with Alex	12.15-1.15PM WYKD Yoga ViNYASA with Mishari OPEN TO ALL	4-4.40PM - (ages 5-9) WYKids Yoga With Alex Ages 5-9			
			3-4PM RBKC TAI CHI OPEN TO ALL RESIDENTS	4.45-5.20PM (Teen Girls) YOGA with ALEX			
				4-5PM WYKD ADULTS MEDITATION with JAYA			
				6-7PM WYKD YOGA JIVAMUKTI with Aishwarya WOMEN ONLY			

