

# THE HUB @ BAY 20

71 St Marks Road, W10 6JG

t:020 35790384 / e:info@bay20.org

Take away tea and coffee available Monday - Friday 11am-4pm

## Monday

10-11.15am WYKD  
Afrikan Yoga

12-2pm Lunch Club  
in partnership with  
Age UK K&C,  
booking is essential  
call 020 8969 9105  
ext. 3

2-3.30pm Age UK  
Knitting Club

5-7pm West London  
Moroccan Widadia  
Arabic Classes for  
children

## Tuesday

9.30am-1pm  
United Mums Peer  
Support

10-11am Womens  
Boxing

11am-12pm Mixed  
Boxing

10-11am WYKD  
Meditation

5-7pm West  
London Moroccan  
Widadia Arabic  
Classes for  
children

## Wednesday

10-11am Mens  
Boxing

11am-12pm Mixed  
Boxing

11am-12pm RBKC  
Zumba

3-4pm RBKC TAI  
CHI

5-7pm West  
London Moroccan  
Widadia Arabic  
Classes for  
children

## Thursday

10am - Street  
Kitchen Ticket  
Collection

2-4pm Street  
Kitchen food  
collection

6-7pm WYKD  
Warrior Womens  
class

## Friday

11am-4pm Warm  
Space, Free Tea  
and Coffee

12-5pm - One  
Community ,

## Saturday

11am-12.15pm  
WYKD Yoga

## Sunday

9.30-10.45am -  
WYKD Yoga

Contact information

WYKD Yoga contact: info@wykd.uk

West London Moroccan Widadia -wlmw@live.co.uk