

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

10-11am EWEG
Zumba

12-2pm Over 55's
Lunch Club in
Partnership with
Age UK K&C

12-2pm Grove Think
Tank
Bowen Therapy

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

Tuesday

10am-12pm United
Mums
coffee morning for
mums

10-11am Lottery
Womens Boxing

11am-12pm Lottery
Mens Boxing

10-11am WYKD
Meditation

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

Wednesday

10.30am-12pm
Centre for ADHD &
Autism Support
Drop in for
parents/carers of
neurodivergent
children

11am-12pm RBKC
Zumba

3-4pm RBKC
TAI CHI

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

Thursday

10am-12pm United
Mums
coffee morning for
mums

2-3pm Lottery
QI GONG

2pmm-4pm
Community Cafe,
Come and have a
hat and a coffee
open to RBKC
residents

Friday

10-11am EWEG
Zumba

Warm Space
Free Tea and
Coffee 11am-4pm

12-5pm - One
Community
For more
information
contact
cate.latto@nhs.net

Saturday

11am-12.15pm
WYKD
Vinyasa Yoga