



When		What	Where	Age	Cost	Link ↗
Monday	10-12pm	SEND Adult session	Mile End Park Leisure Centre	16+	Free	vallancefc@aol.com
	10.30am- 11.30am	Senior Social - Body Conditioning	Whitechapel Sports Centre	50+	Free	
	1-3pm	Tower Hamlets Tigers 2 Adult SEND Football	Stepney Green 3G	18+	Free	brenda.phillips1@nhs.net
	5.15 - 6.15pm	Boxercise (LBTH Staff Only)	Town Hall	All Ages	Free	Box Fit – LBTH Staff Our Parks
	5.30pm-7.30pm	LYG - TH Trojans u17 Basketball Training	Mile End Park Leisure Centre	u17	Free	Iets.gov.uk
	6-7pm	Tower Hamlets Women's FC Beginners Sessions	Mile End Park Leisure Centre	18+	Free	saramcamara2@gmail.com
	7.00-8.30pm	Salsa (Mixed 18yrs+)	Southern Grove Community Centre	18yrs+	£3.00	https://forms.office.com/e/XNnhTbhK3
Tuesday	10 -12.00pm	Young at Heart - Badminton & Table Tennis	Mile End Park Leisure Centre	50+	£3.55	mile end park leisure centre and stadium – Be Well in Tower Hamlets
	1-3pm	Female Social Badminton	Mile End Park Leisure Centre	16+	Free	https://forms.office.com/e/tkKMz36B
Wednesday	1-2pm	Female Boxfit (LBTH Staff Only)	Whitechapel Sports Centre	16yrs+	Free	https://forms.office.com/e/tkKMz36B
	5-6pm	Tower Hamlets & West Ham Football Childrens Session (Disability)	Mile End Park Leisure Centre	7-18	Free	nsharifurwesthamunited.co.uk
	5.30-6.30pm	Yoga (LBTH Staff Only)	Town Hall	All Ages	Free	https://forms.office.com/e/tkKMz36B
	5.30 - 7.20 pm	TH Trojans Women's Basketball Training (Mixed abilities)	Whitechapel Sports Centre	14+	£5.60	https://www.google.co.uk/search?q=Eventbrite+the+trojans+basketball+training&rlz=C7C1e9J4d6144/b30fa3f6e83c6e7erJohnOrwellSportsCentre–BeWellinTowerHamlets
	7.30- 9.30pm	TH Trojans Basketball Scrimmage for all	Whitechapel Sports Centre	16+	£6.00	https://www.google.co.uk/search?q=Eventbrite+the+trojans+basketball+scrimmageforalldisabledpeople&rlz=C7C1e9J4d6144/b30fa3f6e83c6e7erJohnOrwellSportsCentre–BeWellinTowerHamlets
	6.30 - 7.30pm	Female Social Badminton	Poplar Baths	18+	£2.40	Activity Calendar - Book GladstoneGreen
	7-8.30pm	Tower Hamlets Womens FC	Mile End Park Leisure Centre	18+	Free	https://app.upshot.org.uk/signup/?id=d6144/b30fa3f6e83c6e7erJohnOrwellSportsCentre–BeWellinTowerHamlets
	12.30-1.30pm	Senior Social - LBT	John Orwell Sports Centre	50+	Free	https://ourparks.org.uk/bookings-for-senior-social-lbt-staff-1704516
	5.15-6.15pm	Yoga (LBTH Staff Only)	Town Hall	All Ages	Free	
Saturday	9.00 - 10.20am	TH Trojans Primary Basketball TrainingTH Trojans	Mile End Park Leisure Centre	8-12	£4.40	https://www.google.co.uk/search?q=Eventbrite+the+trojans+basketball+primary&rlz=C7C1e9J4d6144/b30fa3f6e83c6e7erJohnOrwellSportsCentre–BeWellinTowerHamlets
	10.30 - 12.00pm	TH Trojans Secondary Basketball Training	Mile End Park Leisure Centre	13-18	£4.40	https://www.google.co.uk/search?q=Eventbrite+the+trojans+basketball+secondary&rlz=C7C1e9J4d6144/b30fa3f6e83c6e7erJohnOrwellSportsCentre–BeWellinTowerHamlets
	10.00-11.00am	Womens Only Exercise Session with Our Parks	Bartlett Park	16+	Free	Bartlett Park Our Parks
	10.00- 12.00pm	Youth Hockey (Disability friendly)	Mile End Park Leisure Centre	5 - 16	Free	eiboyouth@gmail.com/,clarkiness@gmail.com
Sunday	3-4.30pm	Female Social Badminton	Poplar Baths	16yrs+	£2.40	Activity Calendar - Book GladstoneGreen
	3 - 5pm	Tower Hamlets Future Stars Football	Mile End Park Leisure Centre	11 - 16	£2.00	osmanahad@hotmail.co.uk