

When		What	Where	Age	Cost	Link ↗
Monday	9.30-10.30am	Pilates (Female)	OTLA Hall	16+	Free	<a href="#">Email us</a>
	9:30-10:30am	Fit For Good Aerobics (Female)	St Pauls Way Community Centre	16+	£2.00	<a href="#">More info</a>
	10 - 11am	Box Fit	Stepney Green Park	16+	Free	<a href="#">More info</a>
	10 - 11am	Zumba (Female)	Flower & Dean Community Centre	16+	Free	<a href="#">More info</a>
	10am - 12pm	Multi-Sport (Disability)	Mile End Leisure Centre	16+	Free	<a href="#">More info</a>
	10.45 - 11.30am	Pilates	Poplar Baths	All	£2.10	<a href="#">More info</a>
	11.30-12.30pm	Walking Football	Whitechapel Sports Centre	All	£2.15	<a href="#">More info</a>
	12 - 1pm	Yoga	Mile End Park	16+	Free	<a href="#">More info</a>
	4 - 5pm	Zumba (Female)	Whitechapel Sports Centre	12 - 16	£1.55	<a href="#">More info</a>
	5 - 7.30pm	Duke of Edinburgh Award	Urban Adventure Base	13 - 19	Free	<a href="#">More info</a>
	6 - 8pm	Youth Football	Bow School	13 - 19	Free	<a href="#">More info</a>
Tuesday	10.30 - 11.30am	Seated Exercise	Emmott Close Senior Citizens Club	50+	Free	<a href="#">More info</a>
	10.30 - 12pm	Multi-Sport (Disability)	Mile End Leisure Centre	All	£3.00	<a href="#">More info</a>
	11am - 12noon	Gentle Exercise	Somali Senior Citizens Club, Granby Hall	50+	Free	<a href="#">More info</a>
	12 - 2pm	Keep Fit	St. Hildas Community Centre	50+	Free	<a href="#">More info</a>
	1 - 3pm	West Ham Football (Disability)	Stepney Green Park	16+	Free	<a href="#">More info</a>
	3 - 5pm	West Ham Football	Stepney Green Park	8 - 16	Free	<a href="#">More info</a>
Wednesday	10 - 11am	Bootcamp	Stepney Green Park	16+	Free	<a href="#">More info</a>
	10.30-11.30am	Box Fit	Mile End Park	16+	Free	<a href="#">More info</a>
	11am - 12noon	Yoga (Female)	Virginia Quay Community Centre	16+	Free	<a href="#">More info</a>
	3.30 - 4pm	Gentle Exercise	Brownfield Community Cabin	16+	£1.00	<a href="#">More info</a>
	4.30 - 8.30pm	Adventure Club Outdoor Sport	Urban Adventure Base	10 - 25	Free	<a href="#">More info</a>
	5.30 - 8pm	Swimming (Disability)	Mile End Leisure Centre	5 - Adult	Free	<a href="#">More info</a>
	6 - 7pm	Senior Football (Female)	Stepney Green Park	18+	Free	<a href="#">More info</a>
	6 - 8pm	Multi-Sport (Disability)	Mile End Leisure Centre	5 - 16	Free	<a href="#">More info</a>
	6.30 - 7pm	HIIT Class	Victoria Park	16+	Free	<a href="#">More info</a>
	6.30 - 8.30pm	Multi-Sports (Female)	Poplar Baths	16+	Free	<a href="#">More info</a>
	7 - 7.30pm	Bootcamp	Victoria Park	16+	Free	<a href="#">More info</a>
7.30-8.30pm	Box Fit	Meath Gardens	16+	Free	<a href="#">More info</a>	

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Thursday	10 - 11am	Yoga	Stepney Green Park	16+	Free	<a href="#">More info</a>
	10am - 1pm	Pilates & Yoga (Female)	St. Peters Community Centre	50+	£2.50	<a href="#">More info</a>
	4.30 - 8.30pm	Adventure Club Outdoor Sport	Urban Adventure Base	10 - 25	Free	<a href="#">More info</a>
	4.30 - 5.30pm	Gymnastics, Dance & Aerobics	Caxton Hall	11 - 18	£1.00	<a href="#">More info</a>
	6.30-7.30pm	Bootcamp	Ropemakers Field	16+	Free	<a href="#">More info</a>
Friday	9.30 - 10.30am	Zumba (Female)	Cranbrook Community Centre	16+	Free	<a href="#">More info</a>
	11am - 12pm	Bootcamp (Female)	Weavers Field	16+	Free	<a href="#">More info</a>
	11am - 12pm	Gentle Exercise (Female)	Somali Senior Citizens Club, Granby Hall	50+	Free	<a href="#">More info</a>
	12:30-1:30pm	Seated Circuits	St Pauls Way Community Centre	18+	Free	<a href="#">More info</a>
	4.30 - 8.30pm	Adventure Club Outdoor Sport	Urban Adventure Base	10 - 25	Free	<a href="#">More info</a>
Saturday	9 - 10am	Box Fit	Bartlett Park	16+	Free	<a href="#">More info</a>
	9 - 10am	Yoga	Ropemakers Field	16+	Free	<a href="#">More info</a>
	9.30 - 10.30am	Volleyball-Fit	Victoria Park	16+	Free	<a href="#">More info</a>
	9.30 - 11am	Junior Hockey	John Orwell Sports Centre	6+	£2.00	<a href="#">More info</a>
	9.30 - 11am	Junior Hockey (Disability)	John Orwell Sports Centre	6+	£2.00	<a href="#">More info</a>
	10am - 12pm	Athletics (Disability)	Mile End Stadium	8 - Adult	Free	<a href="#">More info</a>
	10am - 12pm	Trojans Basketball	Mile End Leisure Centre	7 - 12	£2.50	<a href="#">More info</a>
	10am - 12pm	Swimming	Poplar Baths	50+	£1.00	<a href="#">More info</a>
	10.30-11.30am	Boxfit	Victoria Park	16+	£1.50	<a href="#">More info</a>
	10.30-11.30am	Boxfit	Caxton Hall	11 - 18	£1.00	<a href="#">More info</a>
	12 - 1pm	Yoga	Victoria Park	16+	£1.50	<a href="#">More info</a>
	12 - 2pm	Trojans Basketball	Mile End Leisure Centre	13 - 18	£2.50	<a href="#">More info</a>
	2 - 3pm	West Ham Football (Disability)	Mile End Stadium	7 - 18	Free	<a href="#">More info</a>
Sunday	10 - 11am	Bootcamp	SchoolHouse Lane Ball Court	16+	Free	<a href="#">More info</a>
	3 - 5pm	Future Stars Football	Mile End Stadium	11 - 16	£2.00	<a href="#">More info</a>