

EVENTS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
VIRTUAL BOOK CLUB 10:30 - 11:30	VIRTUAL BOOK CLUB 10:00 - 11:00	POSITIVE MINDS Contact for Details Community 10:00 - 11:30	PILATES Jack Carter Centre 13:15 - 14:15	FOOTBALL Loxford Leisure Centre 19:30 - 21:00	FOOTBALL Little Ilford School 11:00 - 12:00
BASKETBALL Palmer Catholic 19:00 - 20:30	KARATE Parkside Community 20:30 - 21:30	TENNIS Swaffield Scool 18:00 - 19:30	GO TRI Redbridge Cycling 10:00 - 11:30	YOGA Isaac Newton Academy 19:30 - 20:30	
PILATES Isaac Newton Academy 20:00 - 21:00		FENCING Chamberlain House 18:00 - 19:00	NETBALL Little Ilford School 20:00 - 21:30		
		MODERN ARNIS (Beginners) Loxford Youth Centre 18:30 - 19:30	BOOTCAMP Isaac Newton Academy 20:00 - 21:00		
		MODERN ARNIS (Advanced) Loxford Youth Centre 19:30 - 20:30			
		BADMINTON Issac Newton Academy 19:30 - 21:30			



READY TO GET INVOLVED?

For more information contact us at info@muslimahsports.org.uk