

HAMARA ACTIVITY TIME-TABLE FOR AUGUST 2015

MONDAY			
TIME	ACTIVITY	CONTACT	VENUE
9.15am-10.15am	Aerobics	Najeen	Bangladeshi Centre
10:00am-12:00pm	Walking	Najeen	Shantona
12.00pm – 1.00pm	Zumba *LADIES ONLY*	Zoe	Watsonia - CrossFlatts Park
5.00pm – 7.00pm	Health Lifestyle Practice	Tasha	Hamara Centre
5.00pm – 7.00pm	Girls Group (13 –19)	Farah	Hamara Centre
5:00-7:00pm	Mens Football	Najeen	Banstead Park
7.00pm-8.00pm	Women's Kickboxing	Rachel	Hamara Centre
WEEKLY ADVICE SURGERIES			
Tuesday (mixed) – 11.am-1.00pm Wednesday (Mixed) – 9.30am-12.30pm Thursday (Men only) – 10am-12pm			

TUESDAY			
TIME	ACTIVITY	CONTACT	VENUE
10am-11am	Badminton Smash Up	Robina	Middleton Leisure Centre
10am-12pm	Coffee Morning	Najeen	City Centre
10am-12pm	Active Lifestyle	Darren/ Arshed	Hamara Centre
12.00pm-3.00pm	Association of Blind Asians	Admin	Hamara Centre
1.30pm-2.30am	NIA exercise	David	Hamara Centre
4.30pm – 6.30pm	Junior Youth Club (9 -12)	Farah	Hamara Centre
6.00pm-8.00pm	Football	Zoe	Banstead Park, Harehills
6.30pm-7.30pm	Circuit Training (mixed)	Zoe	St Matthews, Holbeck
WEDNESDAY			
10.00am-11.00am	Tai chi	Aziza	Hamara Centre
10.30am-11.30am	Floor based exercise (mixed)	Najeen	Thomas Danby Sports Centre
11am – 1pm	Shopping/walking Ladies only	Aziza	Hamara Centre
11am-2.30pm	Chit Chat	Aziza	Hamara Centre
1.00pm – 4.00pm	Talent Match Work Club	Liz de Mello	Hamara Centre
4.30pm – 5.15pm	BOX TECH (14 – 17)	Daz	Hamara Centre
6.30pm-8.30pm	Youth Forum	Farah	Hamara Centre

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THURSDAY			
TIME	ACTIVITY	CONTACT	VENUE
9.30am-1.00pm	Mums & Tots	Shanaz/ Najeen	Lincon Green Community Ctr
10am-12pm	Mens social group	Arshed	Hamara Centre
10am-2.30pm	Women's Sewing classes	Aziza	Hamara Centre
11.30-12.30pm	Nit & Natter – Bead & Banter	Shanaz/ Najeen	Lincon Green Community Ctr
11.45am – 2.00pm	Swimming *LADIES ONLY*	Robina	John Charles Centre
12.00pm-1.00pm	Men's Luncheon Club/advice surgery	Arshed	Hamara Centre
12.00pm-1.00pm	Women's Luncheon Club/advice surgery	Aziza	Hamara Centre
12.00pm-1.00pm	Information session (service providers)	Shanaz	Lincon Green Community Ctr
1pm-2.30pm	Chit Chat	Aziza	Hamara Centre
5.30pm-7.30pm	Football with Leeds United	Naveed	Futsal Leeds
6.00pm-7.00pm	Self Defence *LADIES ONLY*	Nahida	Hamara Centre
7.00pm-8.00pm	Circuit Training *LADIES ONLY*	Nahida	Hamara Centre

Community Café
Open Monday-Friday 12.00pm – 1.00pm
@ the Hamara Centre

FRIDAY			
TIME	ACTIVITY	CONTACT	VENUE
9.15am-10.15am	Aerobics	Najeen	Bangladeshi Centre
10.00am-12pm	Haamla Antenatl & Postnatal clinci	Aziza/ Shaista	Hamara Centre
10.00am-1.00pm	Sewing class/ Arts & Crafts	Aziza	Hamara Centre
1pm-2.30pm	Chit Chat	Aziza	Hamara Centre
5.00pm-6.00pm	Walk.Jog.Run (LADIES ONLY)	Robina	Cross Flatts Park
7.00pm – 8.30pm	Roller Skating <25's (Ladies only)	Farah Naz	Old Cockburn Hall
6.30pm-8.30pm	Youth Club Activities	Taf	Old Tradex Harehills
SATURDAY			
9am-10am	Cricket Men only 14+	Naz/Javed	Cross Flatts Park
10.00am –11.00pm	Running group 14+ Men only	Naz	Cross Flatts Park
SUNDAY			
2.30pm-4.00pm	Swimming – men & boys	Naz	John Charles Centre
6.00pm-9.00pm	Baitak (social club)	Arshed	Hamara

**** GYM RE-OPENING MID-AUGUST ****