

HAMARA ACTIVITY TIME-TABLE FOR MAY 2016

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

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	Hamara Centre
12.00pm-3.00pm	Assoc. Blind Asians	Admin	Hamara Centre
12.30pm-1.30pm	IT Course (women)	Nasreen	Hamara Centre
1.00pm-3.00pm	ESOL Class (women)	Nasreen	Hamara Centre
1.30pm-2.30pm	Yoga All abilities (14+) Starts 16th Feb	Nahida	Hamara Centre
1.30pm-2.30am	NIA exercise	David	Hamara Centre

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 – 3.00pm	Talent Match Work Club (18-24 year olds)	Liz de Mello	Hamara Centre
4.30pm – 5.15pm	BOX TECH (14 – 17)	Daz	Hamara Centre
6.00pm-7.00pm	Circuit training (ladies only)	Nahida	Hamara Centre
6.30pm-8.30pm	Youth Forum	Farah	Hamara Centre
7.00pm-8.00pm	Self-defence Ladies only	Nahida	Hamara Centre

WEEKLY ADVICE SURGERIES
Tuesday (mixed) – 10.am-1.00pm | **Wednesday** (Mixed) – 9.30am-12.30pm **Thursday** (Men only) – 10am-12pm
 Emergency appointments on Wednesday – 2.30pm-4.00pm
 (subject to availability)

**** GYM NOW OPEN ****
MEMBERSHIP ONLY £15.00 PER MONTH

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THURSDAY			
TIME	ACTIVITY	CONTACT	VENUE
9.30am-11.30am	ESOL (Women)	Nasreen	Hamara Centre
9.30am-1.00pm	Mums & Tots	Shanaz/ Najeen	Lincoln Green Community Ctr.
10.00am-11.00am	Elderly men gym	Nahida	All abilities (age 50+)
10am-12pm	Mens social group	Arshed	Hamara Centre
10am-1.00pm	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
12.30pm-2.30pm	IT Course (Women)	Nasreen	Hamara Centre
1pm-2.30pm	Chit Chat	Aziza	Hamara Centre
5.30pm-7.30pm	Football with Leeds United	Naveed	Futsal Leeds
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 clinic	Aziza	Hamara Centre
10.00am-1.00pm	Sewing class/ Arts & Crafts	Aziza	Hamara Centre
11.00-12.00pm	Badminton 'Smash Up'	Nahida	Old Cockburn Sports Hall
1.00pm-2.30pm	Chit Chat	Aziza	Hamara Centre
5.00pm-8.00pm	American Youth Diner	Farah	Hamara Centre
6.30pm-7.30pm	Circuit training	Nahida	All abilities (14+)
6.30pm-8.30pm	Youth Club Activities	Taf	Old Tradex Harehills
SATURDAY			
9am-10am	Cricket Men only 14+	Naz/Javed	Cross Flatts Park
10am-2.00pm	Saturday School	Aisha	Hamara Centre
10.00am – 11.00pm	Running group 14+ Men only	Naz	Cross Flatts Park
10.30am-1.30pm	Cricket & walking	Nahida	Meet at Hamara
SUNDAY			
11.00am-1.00pm	Football (12-16)	Taf	Thimas Danby
12.00pm-1.30pm	Indoor cricket (under 11's)	Aisha	Old Cockburn Sports Hall
1.30pm-2.30pm	Indoor cricket (girls)	Nahida	Meet at Hamara
2.30pm-4.00pm	Swimming [boys/	Naz	John Charles
6.00pm-9.00pm	Baitak (social club)	Arshed	Hamara