

Leisure Centres in Tower Hamlets



Sport4Women January to March programme

Centre		Monday	Tuesday	Wednesday	Thursday	Sunday
Mile End Park LC	A M	Swimming Lessons 10.15-11.00am				
	AM	Basketball 12.00-1.00pm		Badminton 11.00-12.00noon		
	AM			Badminton 12.00noon-1.00pm		
	PM		Swimming Lessons 1.30-2.15pm		Running Group 6.00-7.00pm	
	PM				Swimming Lessons 8.30-9.15pm	
Whitechapel SC	PM	Netball * 4.30-5.30pm (13 – 20 year olds only)				
	PM	Badminton ** 7.00-8.00pm		Basketball 6.00-7.00pm		
	PM	Trampoline ** 7.00-8.00pm				
	PM	Football 6.45-8.00pm** Football 8.00-9.00pm**				
Tiller (Isle of Dogs)	AM	Pilates 10.00-11.00am		Brazilian Dance 10.00-11.00am		Swimming Lessons 10.00-11.00am
	PM			Step N Pump 6.30-7.30pm		

Note: * free

** Included in £3.20 entry fee (also includes classes and gym)

All other sessions are £1 each

Key

Coached session

play session (no coach)

creche open

Women's only swim

