



Autumn Programme 2022



SEPTEMBER - DECEMBER 2022

All activities are free or 'pay what you can'. Prices are suggested contribution only.
Email us at info@fitzroviacommunitycentre.org or call 020 7580 8680 to book your places.
Check out our website for the start dates of our activities.

HEALTH & WELLBEING

Legs, Bums & Tums

A women-only fitness class with a mix of cardio, mat-based, and resistance training set to brilliant beats. With crèche.

Thursdays 9:15-10am
£3

£1 for crèche
Women only

Community Yoga

By Camden Adult Education. Start your FREE yoga journey! Get active and improve fitness while learning to relax and reduce stress. Booking required.

Thursdays 10:15-11:30am
Free

Women's Zumba

Get fit and meet friends at ladies' Zumba! Drop-in. With crèche.

Thursdays 12-12:45pm,
starting in November
Free

£1 for crèche
Women only

Kundalini Yoga

Mats and blankets provided, wear loose clothing. Booking needed at www.kundaliniyoga.london.

Mondays 6:30-8pm
Saturdays 10:30am-12pm
Subsidised places available*

SENIORS' SERVICES

Strictly Seniors' Ballroom Dancing

Beginners welcome, no partner needed! For ages 60+. Drop-in.

Mondays 10:30am-12pm
£3

Dance Exercise

By Open Age. Keep fit and meet like-minded people. All abilities welcome—though this is a lively class! For ages 50+. Drop-in.

Tuesdays 10:30-11:30am
£1

CHILDREN & FAMILIES

Messy Explorers

Children explore various textures, getting used to different sensations, using their hands and fingers or even toes and feet! Drop-in.

Wednesdays 10-11:30am
£3

Stay & Play

Meet new people and make new friends in a friendly, relaxed atmosphere. For under 5s. Drop-in.

Thursdays 10-11:30am
£2

Happy Start

One-to-one parenting support for parents/carers and children. Age 0-4. Booking required.

Wednesdays 1:30-3pm
Thursdays 10:30am-12pm
Free

Chatterbox

Early speech and language support for ages 18 months to 4 years. Booking required.

Thursdays 1:30-2:45pm
Free

Mini Mozart

Music sessions for under 5s. Booking required at www.minimozart.com.

Fridays 10-10:45am
£65.25 a month
Free places available*

Bloomchild

Unique and fun mindfulness workshops for ages 5-9. Booking required at www.bloomchild.co.uk.

Saturdays 9:30am-12pm
From £45 a session
Free place available*

*Free/subsidised places available for Fitzrovia residents in receipt of a means-tested benefit. Book at reception.

**LARGE PRINT VERSION
AVAILABLE AT RECEPTION**



ARTS, CULTURE & HERITAGE

Women's Coffee Morning

Share a cuppa and a chat with fellow mums after the school run. Includes craft activities and two pampering sessions per term! Drop-in.

Mondays 9-10:15am

Free

Women only

Community Sewing: Make & Mend

By Camden Adult Education. Learn to sew and improve your skills! Gain machine and hand sewing skills to mend or alter clothes. Booking required.

Mondays 1-3:30pm

Free

Community Fabric Printing

By Camden Adult Education. Make your own fabric using hand-printing techniques and then use your handmade fabric to make a textile product. Booking required.

Thursdays 1-3pm

Free

Women only

Art for Wellness

Refresh, rejuvenate, restore! Explore and create art in our weekly arts for wellness workshops. Booking required.

Fridays 11:15am-12:45pm

£3



Women's Sewing

For more experienced sewers. With crèche.

Fridays 1:30-3pm

Free

£1 for crèche

Women only

Be Heard: Poetry Reading & Writing

Poetry group for all abilities. Read from a selection of poems, write to prompts, and share your words at the end. Booking required.

Sundays 3-4pm, online

Free

LEARNING & SUPPORT

Bible Study

Free weekly Bible study group for younger adults aged 18 to 40 by BSF YA UK. All welcome. Drop-in.

Wednesdays 6:30-8:30pm

Free

Gamblers Anonymous

A support group for compulsive gamblers. Drop-in.

Wednesdays 12:30-1:30pm

Free

Slovak Weekend School London

In-person and online classes to learn about Slovak language and culture. Booking required at www.slovaklearning.co.uk.

Saturdays 12-5pm

From £5

Scan below for our full programme timetable:



We're part of the Warm Spaces campaign

Join us most weekday lunchtimes for a cuppa after activities. Check our timetable online.

Looking for space?

Have your event with us!

We have beautiful, airy rooms at a great price for Central London, with discounted rates for local residents and charities. Why not book your next:

- Birthday party
- Conference
- Fundraising event
- Christmas dinner party

... and more, with us? We can organise all catering, music, and room dressage.

Email bookings@fitzroviacommunitycentre.org or scan the QR code below to find out more on our website:



Now taking bookings for office Christmas parties!

Max. capacity
120



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