

# Bedford House Activity Timetable

2009

Bedford House  
35 Emerald Street  
London WC1N 3TW  
Tel: 020 7405 2370

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
<p><b>10am-12pm</b> <b>Baby Gym</b> (under 2s)</p> <p><b>11am-1pm</b> <b>Asian Families Project:</b> Signposting Drop-in</p>	<p><b>10am-12pm</b> <b>Baby Gym</b> (under 5s)</p> <p><b>11am-1pm</b> <b>Asian Families Project:</b> Signposting Drop-in</p>	<p><b>10am-12pm</b> <b>Messy Play</b> (under 5s)</p> <p><b>10.30-11.30am</b> <b>Ladies' Exercise 55+</b></p>	<p><b>10am-12pm</b> <b>Baby Gym</b> (under 5s)</p> <p><b>11am-12pm</b> <b>Ladies' Exercise</b></p>	<p><b>10am-12pm</b> <b>Messy Play</b> (under 5s)</p> <p><b>11am-1pm</b> <b>Asian Families Project:</b> Signposting Drop-in</p> <p><b>11am-1pm</b> <b>Asian Women's Social Group</b></p>	<p><b>10am-1pm</b> <b>Somali Saturday School</b></p>
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
<p><b>4-8pm</b> <b>Gym Club</b> (4 to 15 yrs)</p>	<p><b>1-3pm</b> <b>ESOL</b></p> <p><b>4-6pm</b> <b>Ballet School</b> (4 to 14 yrs)</p> <p><b>4-7pm</b> <b>Gym Club</b> (4 to 15 yrs)</p> <p><b>6.30-9.30pm</b> <b>Tai Chi</b></p>	<p><b>1-3pm</b> <b>ESOL</b></p> <p><b>1-4pm</b> <b>Short Mat Bowls</b> (over 55s)</p> <p><b>4-7pm</b> <b>Ballet School</b> (4 to 14 yrs)</p>	<p><b>12.15-1.15pm</b> <b>Salsa</b> (over 55s)</p> <p><b>1.45-2.45pm</b> <b>Line Dancing</b> (over 55s)</p> <p><b>4-8pm</b> <b>Gym Club</b> (4 to 15 yrs)</p> <p><b>5.15-7.15pm</b> <b>Martial Arts</b></p>	<p><b>4-6pm</b> <b>Gym Club</b> (4 to 15 yrs)</p> <p><b>7pm-8.30pm</b> <b>Capoeira</b></p>	<p><b>2.30-5.30pm</b> <b>Nava Kala Indian Dance</b></p> <p><b>3-5pm</b> <b>Baby Gym</b> (under 5s)</p>