

Tarling East Community Centre

Additional Information

Additional Information

MAIN HALL

Monday – 9:45am-11:30am Mums Café – Coffee Mornings – Email Aleksandra Lewicka onola5sulaiman@gmail.com or call THCH on 02027 780 3070

11:00am-12noon Pilates, Women only contact Inga Latif onlatifinga@yahoo.com

Monday – 2:00pm – 3:15pm Linkage plus mixed seated exercise – Call linkage plus on 0202 285 9292

Monday – 5:00pm – 7:00pm Community Martial Arts Trust – Call Abjol on 07940 585 071

Monday – Boxers Fitness Academy – Call Ashraf Ali on 07778 554 497 or email a511raf_ali@yahoo.co.uk

Tuesday

10:00am-12:00noon Norton House Sewing Club- Contact THCH on 0207 780 3070

5:00pm- 6:00pm Community Martial Arts Paly Group, Contact Abjol on 07940 585 071

6:00pm-7:00pm Community Martial Arts Women`s Self Defense, Contact Abjol on 07940 585 071

7:30pm – 10:00pm Community Martial Arts – Youth and Adults, Contact Abjol on 07940 585 071

Wednesday

9:00am-11am Women`s Sewing Group Contact THCH on 0207 780 3070

11:30am-12:30pm Linkage Plus Womens Dancercise, Call linkage plus on 0202 285 9292

12:30pm – 2:00pm Women`s Sewing Group Contact THCH on 0207 780 3070

4:15pm -5:30pm Team DJB Taekwondo (5-10 years old) Contact Shujhat Fiaz on DJB Admin

Questions & Answers

Registered For 2 Year Old Grant

No

Provider

Community Centres

Tarling East Community Centre

Further Information

Provider Type

Community Centres |
Community Centres |

Contact Details

Telephone No

020 7780 3070

Website

[https://www.towerhamlets.gov.uk/ignl/community_and_living/halls_for_hi ...](https://www.towerhamlets.gov.uk/ignl/community_and_living/halls_for_hi...)

Email Address

customerservices@thch.org.uk

Address Details

Street Number

63 Martha Street

Street

Shadwell

Town

London

Postcode

E1 2PA

Opening Times

Monday	from 09:45	to 19:00
Tuesday	from 10:00	to 22:00
Wednesday	from 09:00	to 21:00
Thursday	from 09:30	to 21:00
Friday	from 10:00	to 21:00
Saturday	from 08:00	to 16:00
Sunday	from 08:00	to 20:00

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