

**TIMETABLE MAY 2026**

DAY	MORNING / AFTERNOON	ROOM	TIME	AFTERNOON / EVENING	ROOM	TIME
<b>MON</b>	<b>Dance Classes</b>	<b>Room 1</b>	<b>17.00 - 19.00</b>	<b>Taekwondo Ladies Only</b> London Taekwondo Active <b>Community Table Tennis</b>	<b>Main Hall</b>	<b>18.00 – 19.00</b>
					<b>Main Hall</b>	<b>20:00 – 21:00</b>
<b>TUES</b>	<b>Children Music Sessions</b> Little Piccolos	<b>Room 1</b>	<b>10.00 - 11.00</b>	<b>Ballet</b> Angela’s Dance School <b>Taekwondo Children</b> <b>Taekwondo</b> London Taekwondo Active	<b>Room 1</b>	<b>16.45 - 20.30</b>
		<b>Room 2</b>	<b>12.00 - 16.00</b>		<b>Main hall</b>	<b>16.30 - 18.30</b>
	<b>Elderly Lunch Club</b> United Anglo Caribbean Society	<b>Kitchen 1</b>	<b>12.00 - 16.00</b>		<b>Main Hall</b>	<b>18:00 - 20:30</b>
<b>WED</b>	<b>Tots Play</b> <b>Home Ed Taekwondo</b>	<b>Room 1</b>	<b>10.15 – 13.15</b>	<b>Ballet</b> Angela’s dance school <b>Boxing Class</b> MEM Academy	<b>Room 1</b>	<b>17.00 - 20.15</b>
		<b>Main Hall</b>	<b>10:30 – 11:30</b>		<b>Room 2</b>	<b>18.30 - 19.30</b>
	<b>ADHD/Autism Support Sessions</b> CAAS Group	<b>Room 2</b>	<b>9.00 - 16.30</b>	<b>Community Table Tennis</b>	<b>Main Hall</b>	<b>18:00 - 20:00</b>
<b>THURS</b>	<b>Elderly Lunch club</b> United Anglo Caribbean Society	<b>Room 2</b>	<b>12.00 - 16.00</b>	<b>Taekwondo Ladies only</b> <b>Taekwondo</b> London Taekwondo Active	<b>Room 2</b>	<b>18.00 - 19.00</b>
		<b>Kitchen 1</b>	<b>12.00 - 16.00</b>		<b>Main Hall</b>	<b>19.30 - 20.30</b>
				<b>Dance Class</b> Step"N"Flex	<b>Room 1</b>	<b>18.00 - 19.00</b>
<b>FRI</b>	<b>Community Coffee Morning</b>	<b>Room 2</b>	<b>9.30 - 11.30</b>	<b>Taekwondo</b> London Taekwondo Active	<b>Main Hall</b>	<b>16.30 - 20.00</b>
	<b>Little Movers</b> Preschool Dance and Movement	<b>Room 1</b>	<b>9.30 - 11.00</b>	<b>Boxing Class</b> MEM Academy	<b>Room 2</b>	<b>19:00 - 20:00</b>
<b>SAT</b>	<b>Ballet</b> Angela’s Dance School	<b>Room 1</b>	<b>09:00 – 12.00</b>	<b>Crochet Workshop</b> Crochet Cove UK	<b>Room 1</b>	<b>14:00 – 18:00</b>
<b>SUN</b>						

For booking enquiries, please email [info@actongardens.community](mailto:info@actongardens.community) or contact us on 020 8075 5240.