

TIMETABLE FEBRUARY 2026

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

 For booking enquiries, please email info@actongardens.community or contact us on 020 8075 5240.