

WHAT'S HAPPENING AT THE FROUD CENTRE?

MONDAY

- IMAAN PRE-SCHOOL: 9AM-1PM
- LITTLE MANOR PLAY PROJECT: 3PM-6PM
- TANG SOO DO: 5PM-6:30PM

TUESDAY

- IMAAN PRE-SCHOOL: 9AM-3PM
- LITTLE ILFORD LUNCH CLUB (ONCE A MONTH): 10:30AM-2:30PM
- DISABLED PEOPLES' ALLIANCE: 11AM-1PM
- LITTLE MANOR PLAY PROJECT: 3PM-6PM
- HEADSTART: 6PM-9PM
- CCC REDEMPTION PARISH: 7PM-9PM
- SHARIF SPORTS: 7:30PM-9PM

WEDNESDAY

- IMAAN PRE-SCHOOL: 9AM-1PM
- GREENHILL ASPHASIA GROUP: 10AM-12PM
- LITTLE MANOR PLAY PROJECT: 3PM-6PM
- HEADSTART: 4PM-6PM
- EBENEZOR INT. CHURCH: 7PM-8:30PM
- TANG SOO DO: 7PM-8:30PM
- CHURCH OF HIS PRESENCE: 7PM-8:30PM
- CALVARY CHURCH: 7PM-9PM

THURSDAY

- IMAAN PRE-SCHOOL: 9AM-3PM
- LITTLE MANOR PLAY PROJECT: 3PM-6PM
- ACTIVE NEWHAM PILATES FOR GIRLS: 7PM-8PM
- CHURCH OF HIS PRESENCE: 7PM-8:30PM

FRIDAY

- IMAAN PRE-SCHOOL: 9AM-3:30PM
- OVER 60'S KEEP FIT (TERM TIME ONLY): 10:30AM-11:30AM
- LITTLE MANOR PLAY PROJECT: 3PM-6PM
- R77 SOCCER: 7:30PM-8:30PM

SATURDAY

- AFRICAN FUTURE DEVELOPMENT (TERM TIME ONLY): 10AM-3PM
- EAST AFRICAN EDUCATION FOUNDATION: 1PM-3PM
- Y.A.G. (ACTIVITIES FOR SEN YOUTH): 1PM-4PM
- SAI CENTRE: SPIRITUAL DEVELOPMENT: 6PM-9:30PM

SUNDAY

- BREAK EVERY CHAIN MINISTRY: 9AM-11AM
- EAST AFRICAN EDUCATION FOUNDATION: 9AM-11AM
- THE REDEEMED CHRISTIAN CHURCH: 9AM-11AM
- ST MICHAELS CHURCH: 9AM-12PM
- ACADEMY OF INSPIRATION: 10:30AM-11:30AM
- ISLAMIC CIRCLE SUPPLEMENTARY SCHOOL: 11AM-1:30PM
- EBENEZOR INT. CHURCH: 11AM-1:30PM
- CALVARY CHURCH: 12PM-3PM
- CHURCH OF HIS PRESENCE: 12PM-2:30PM
- CHURCH OF YAH WEH: 12:15PM-3:15PM
- HEADSTART: 1PM-3PM
- CCC REDEMPTION PARISH: 2PM-5PM
- L'EGLISE PENTECOTISTE: 3PM-5PM