



<u>Time</u>	<u>Class/Activity</u>	<u>Location</u>	<u>Group</u>
Monday			
09:00-13:00	Women's Gym Session	YCA	Female Only
10:00-17:00	Advice & Guidance/Drop-in Surgery	YCA	Mixed
10:30-12:00	Coffee Morning /Pilates	YCA	Female Only
13:00-17:00	Men's Gym Session	YCA	Male Only
17:00-20:00	Women's Gym Session**	YCA	Female Only
18:00-20:00	Tahfidh (Quran) Class	YCA	Mixed (7+ Years)
Tuesday			
09:00-13:00	Men's Gym Session	YCA	Male Only
10:00-12:30	Elderly Men's Extend Exercise	YCA	Male Only
10:00-13:00	Elderly Men's Advice & Guidance	YCA	Male Only
12:30-13:30	Elderly Men's Luncheon Club	YCA	Male Only
13:00-17:00	Advice & Guidance/Drop-in Surgery	YCA	Mixed
13:00-17:00	Women's Gym Session	YCA	Female Only
17:00-20:00	Men's Gym Session**	YCA	Male Only
18:00-20:00	Tahfidh (Quran) Class	YCA	Female Only
Wednesday			
10:00-12:00	ESOL – Speaking and Listening	YCA	Mixed (18+ Years)
10:00-12:00	Parent and Toddler Group	LCC	Mixed
10:00-12:00	Women's Social & Learning Session	YCA	Female Only
10:00-13:00	Women's Gym Session	YCA	Female Only
11:00-12:30	Coffee Morning /Pilates ****	CHCC	Female Only
12:45-14:45	Sewing & Dress Making****	CHCC	Female Only
13:00-17:00	Men's Gym Session	YCA	Male Only
17:00-20:00	Women's Gym Session	YCA	Female Only
17:00-19:30	Arabic School***	LCC	Mixed (7-15 Years)
17:30-19:30	English & Maths Tuition	YCA	Mixed (Yr. 5,6,10,11)
Thursday			
09:00-13:00	Women's Gym Session	YCA	Female Only
10:00-12:00	ESOL – Speaking and Listening	YCA	Mixed (18+ Years)
10:00-12:30	Elderly Women's Extend Exercise	YCA	Female Only
10:00-13:00	Elderly Women's Advice & Guidance	YCA	Female Only
12:30-13:30	Elderly Women's Luncheon Club	YCA	Female Only
13:00-17:00	Advice & Guidance/Drop-in Surgery	YCA	Mixed
13:00-17:00	Men's Gym Session	YCA	Male Only
18:30-20:30	Belly Fit Class	LCC	Female Only
Friday			
09:00-11:00	Women's Gym Session	YCA	Female Only
10:30-13:30	Advice & Guidance/Drop-in Surgery	YCA	Mixed
12:00-14:00	Friday Prayer (Jumu'ah)**	YCA	Male Only
14:00-17:00	Men's Gym Session	YCA	Male Only
17:00-20:00	Youth Club	YCA	Mixed (11 -18 Years)
Saturday			
10:00-13:30	Arabic School***	LCC	Mixed (7-15 Years)
13:00-17:00	Men's Social Group	YCA	Male Only

* Please note that the YCA timetable and activities are subject to change

** Please call YCA to confirm availability or times

*** Lodge Community Centre, Lodge Road, West Bromwich, B70 8PJ

**** Cradley Heath Community Centre, Reddal Hill Road, Cradley Heath, B64 5JG