



International women and girls week

6-12 March 2022

Tower Hamlets Council with partners is proud to host a week long programme of community activities to celebrate cultural wellbeing and togetherness.

Activities include tournaments walking netball, badminton, basketball, football, aerobics, body conditioning, swimming, circuits, bamboo massage, nails and virtual wellbeing sessions – Pilates, self-defence and much more.

For more information and bookings please contact the Sports and Physical Activities Team at www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk

Council - Sports and Physical Activity PROGRAMME OF ACTIVITIES

DATE	ACTIVITY	TIME	VENUE	COST
SUN 6	Cycling 11-18yrs	11-1pm and 1.30-3.30pm	UAB	FREE
MON 7	Multi Sports	5.30-9.30pm	Whitechapel Leisure Centre	£3
	Pamper Evening (Nails, Chair Massage, Threading)			
	Walking Netball Tournament	12-3pm	Poplar Baths	£3
	Pilates	2.30-3.30pm	Ocean Regeneration Trust	FREE
TUES 8	Obstacle Course	5.30-8.30pm	Poplar Baths	FREE
	Multi Sports			
	Pamper Evening (Nails, Chair Massage, Threading)			
	Chair based exercise	11am-12pm	Virtual	FREE
	Self Defence	1-2pm	Virtual	FREE
	Gym for Women	12.30pm- 1.30pm	Urban Adventure Base	FREE
WEDS 9	Basketball Tournament 14yrs+	5.30-9pm	Whitechapel Leisure Centre	£35 PER TEAM
	Adults Football	7-8pm	Stepney Green Astro	FREE
THU 10	Relaxation Wellbeing Class	10-11am	Virtual	FREE
	Badminton Tournament	6.30-9.30pm	Poplar Baths	£2
FRI 11	Self Defence	12-1pm	Virtual	FREE
SAT 12	Football Reception to Year 6	10-11am	Stepney Green Astro	FREE
	Tower Hamlets Cycling Club	8.30-12.30pm	Mile End Stadium	FREE

For more information and bookings please contact the Sports and Physical Activities Team at www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk

DATE	ACTIVITY	TIME	VENUE	COST
MON 7	Body Conditioning	9.30-10.30am	Whitechapel Leisure Centre	£3
	Legs, bums and tums	5.45-6.45pm		
	Gym	Numerous times		
	Virtual Classes	Numerous times		
TUES 8	Pilates	10-11am	Poplar Baths	£3
	Group Cycle	6.45-7.45pm		
	Swim for Women	12.30-1.15pm		
	Virtual Classes	Numerous times		
WEDS 9	Swim for Women & Girls	6.30-7.30pm	Poplar Baths	£3
	Football	6-7pm		
	Back to Netball	6.30-7.30pm		
	Aerobics	11.55-12.55pm	Mile End Park Leisure Centre	£3
	Aerobics Basics	10.30-11.30am	John Orwell Sports Centre	£3
THU 10	Aqua Aerobics	9.15-10am	Tiller Centre	£3
	Virtual Classes	Various		
	Body Conditioning	6-7pm	Mile End Park Leisure Centre	£3
	Swim for Women	6.30-7.30am		
FRI 11	Swim for Women	9-10pm	Mile End Park Leisure Centre	£3

Venue information

Whitechapel Leisure Centre

55 Durward Street,
Whitechapel,
London E1 5BA

Buses: 25, 205, 254, 106 and D3
Station: Whitechapel

Poplar Baths

East India Dock Road,
London E14 0ED

Buses: 15, 309, 108
Station: All Saints

Mile End Park Leisure Centre/ Stadium

190 Burdett Rd,
London E3 4HL

Buses: 25, 277, D6, D7
Station: Mile End

Urban Adventure Base

150 Burdett Road,
London E3 4JT

Buses: 25, 277, D6, D7
Station: Mile End

John Orwell Sports Centre

Tench Street,
St Katharine's and Wapping
London E1W 2QD

Buses: 100 and D3
Station: Wapping, Shadwell
DLR: Shadwell

Tiller Leisure Centre,

Tiller Road, Docklands,
London, E14 8PX

Buses: D3, D6 and D8
Station: Cross Harbour DLR

Ocean Regeneration Trust

Harford Street Multicentre
115 Harford St
London E1 4FG

Buses: D6, 277
Station: Mile End

Stepney Green Astro Turf

Stepney Green,
London E1 3NG

Buses: 339, 309
Station: Mile End or Stepney Green