

.....Live Classes



LIVE COFFEE MORNING THURSDAYS

11.00am-1.00pm With Jaz at Dove Rooms (N1 3FS). Part of Islington Council's Active Spaces project.
To join <https://healthygenerations.org.uk/join-coffee-morning/>



DANCE FITNESS MONDAYS

12.00pm-1.00pm With Val at the Vibast Community Centre (EC1V 9NG).
To join <https://healthygenerations.org.uk/join-dance-fitness-vibast/>



DANCE FITNESS MONDAYS

2.00pm-3.00pm With Sarah Jane at the Sundial Centre (E2 7RU).
To join <https://healthygenerations.org.uk/join-dance-fitness-sundial/>



DANCE FITNESS TUESDAYS

3.00pm-4.00pm With Sarah Jane at Jean Stokes Community Hall (N1 0DX)
To join <https://healthygenerations.org.uk/join-dance-fitness-jean-stokes/>



DANCE FITNESS WEDNESDAYS

10.30am-11.30am With Abigail at the Sundial Centre (E2 7RU).
To join <https://healthygenerations.org.uk/join-dance-sundial/>



DANCE FITNESS FRIDAYS

10.30am-11.30am With Val at the West Library (N1 1BD).
To join <https://healthygenerations.org.uk/join-live-dance-fitness/>



DIGITAL HELP WEDNESDAYS

11.00am-12.00pm With Val at the Sundial Centre (E2 7RU).
To join <https://healthygenerations.org.uk/join-tech-help-sundial/>



DIGITAL HELP THURSDAYS

1.00pm-2.00pm With Jaz at Minerva Lodge (N7 8XF).
To join <https://healthygenerations.org.uk/join-digital-minerva/>



HISTORY WALKS WEDNESDAYS

2.00pm-4.00pm With Mary across Islington Borough.
To join <https://healthygenerations.org.uk/join-history-walks/>



KEEP FIT OLDER PERSONS STRENGTH MONDAYS

12.30pm-1.30pm Followed by coffee. With Sarah Jane at Kings Square (EC1V 8DY)
To join <https://healthygenerations.org.uk/join-strength-kings/>



KEEP FIT TUESDAYS

9.30am-10.30am With Martin at Hornsey Lane Estate Community Centre (N19 3YJ).
To join <https://healthygenerations.org.uk/join-keep-fit-hornsey/>



KEEP-FIT EXERCISE TO MUSIC TUESDAYS

10.00am-11.00am With Sarah Jane at the West Library (N1 1BD).
To join <https://healthygenerations.org.uk/join-etm-jannet/>



KEEP-FIT EQUIPPED FOR LIFE TUESDAYS

11.00am-12.00pm With Gee at Sotheby Mews (N5 2UT).
To join <https://healthygenerations.org.uk/join-keep-fit-sotheby/>



KEEP-FIT EXERCISE TO MUSIC TUESDAYS

1.15pm-2.15pm With Petra at the North Library (N7 6JX).
To join <https://healthygenerations.org.uk/join-etm/>



KEEP-FIT TUESDAYS

1.30pm-2.30pm With Liz at Goodinge Community Centre (N7 9EW).
To join <https://healthygenerations.org.uk/join-keep-fit-goodinge/>



KEEP-FIT WEDNESDAYS

11.00am-12.00pm With Liz at Sotheby Mews (N5 2UT).
To join <https://healthygenerations.org.uk/join-keep-fit-sotheby/>



KEEP-FIT WEDNESDAYS

10.30am-11.45am With Gee in Caledonian Park (N7 9HF).

To join <https://healthygenerations.org.uk/join-keep-fit-caledonian/>



KEEP FIT THURSDAYS

1.00pm-2.00pm With Sarah Jane at Light Pro Project International (N7 8DE).

To join <https://healthygenerations.org.uk/join-keep-fit-light/>



KEEP FIT MENS THURSDAYS

1.30pm-2.45pm With Martin at Sotheby Mews (N5 2UT).

To join <https://healthygenerations.org.uk/join-mens-keep-fit/>



KEEP FIT SEATED QI GONG THURSDAYS

2.00pm-3.00pm With Val at the Sundial Centre (E2 7RU).

To join <https://healthygenerations.org.uk/join-seated-exercise-sundial/>



KEEP FIT OUTDOOR FRIDAYS

9.45am-10.45am With Sarah Jane in Highbury Fields (N5 1AR).

To join <https://healthygenerations.org.uk/join-total-body/>



LINE DANCING TUESDAYS

2.00pm-3.00pm With Vera the Diva at St. Lukes Community Centre (EC1V 8AJ).

To join <https://healthygenerations.org.uk/join-line-dancing-st-lukes/>



LINE DANCING LAST TUESDAY OF EACH MONTH

2.00pm-4.00pm With Melinda at the West Library (N1 1BD).

To join <https://healthygenerations.org.uk/join-line-dancing-west-library/>



LINE DANCING WEDNESDAYS

11.00am-12.00pm With Vera the Diva at Birchmore Hall (N5 2UA).

To join <https://healthygenerations.org.uk/join-line-dancing-birchmore/>



LINE DANCING WEDNESDAYS

2.00pm-3.00pm & 3.00pm-4.00pm With Vera the Diva at the Claremont Project (N1 9PD).

To join <https://healthygenerations.org.uk/join-line-dancing-at-claremont/>



LINE DANCING FRIDAYS

12.30pm-2.30pm With Vera the Diva at Hornsey Lane Estate Community Centre (N19 3YJ).

To join <https://healthygenerations.org.uk/join-line-dancing-hornsey/>



LINE DANCING 3rd SATURDAY OF EACH MONTH

1.00pm-3.00pm With Vera the Diva at St. Lukes Community Centre (EC1V 8AJ).

To join <https://healthygenerations.org.uk/join-line-dancing-st-lukes-3rd-saturday/>



OSTEOPOROSIS REMEDIAL CLASS WEDNESDAYS

10.00am-11.00am With Petra at the Cat and Mouse Library (N7 0JN).

To join <https://healthygenerations.org.uk/join-osteoporosis/>



PARK WALKS WEDNESDAYS

11.00am-1.00pm London park walks with Mary..

To join <https://healthygenerations.org.uk/join-park-walks/>



PILATES FOR EVERYONE MONDAYS

10.00am-11.00am With Roula at Mildmay Community Centre (N16 8NA).

To join <https://healthygenerations.org.uk/join-pilates-mildmay/>



PILATES FOR EVERYONE MONDAYS

11.30am-12.30pm With Roula at Dove Rooms (N1 3FS).

To join <https://healthygenerations.org.uk/join-pilates-dove/>



PILATES FOR EVERYONE MONDAYS

2.00pm-3.00pm With Roula at Walter Sickert Community Centre (N1 2FB).

To join <https://healthygenerations.org.uk/join-pilates-sickert/>



PILATES FOR EVERYONE WEDNESDAYS

11.00am-12.00pm With Hayley at Vibast Community Centre (EC1V 9NG).

To join <https://healthygenerations.org.uk/join-pilates-vibast/>



PILATES FOR EVERYONE THURSDAYS

11.30am-12.30pm With Roula at the Cat and Mouse Library (N7 0JN).

To join <https://healthygenerations.org.uk/join-pilates-cat-and-mouse/>



PILATES INSPIRED STRENGTH THURSDAYS

1.30pm-2.30pm With Roula at Walter Sickert Community Centre (N1 2FB).

To join <https://healthygenerations.org.uk/join-pilates-sickert-inspired/>



PILATES FRIDAYS

9.30am-10.30am With Abigail at North Library (N7 6JX).

To join <https://healthygenerations.org.uk/join-pilates-north-library/>



PILATES FOR WOMEN FRIDAYS

10.30am-11.30am With Ellen at Andover Community Centre (N7 7RY).

To join <https://healthygenerations.org.uk/join-pilates-andover/>



PILATES FRIDAYS

10.30am-11.30am With Jaz at Kings Square Community Centre (EC1V 8DY).

To join <https://healthygenerations.org.uk/join-pilates-kings/>



QI GONG MONDAYS

10.00am-11.00am With Kasia in Dartmouth Park (N19 5JT).

To join <https://healthygenerations.org.uk/join-qi-gong-dartmouth/>



QI GONG TUESDAYS

10.00am-11.15am With Kasia in Kings Square (EC1V 8DY). Followed by cafe.

To join <https://healthygenerations.org.uk/join-qi-gong-kings/>



QI GONG WEDNESDAYS

8.30am-9.45am With Kasia in Whittington Park (N19 4RS). Followed by cafe.

To join <https://healthygenerations.org.uk/join-qi-gong-whittington/>



QI GONG THURSDAYS

2.00pm-3.00pm With Val at Sundial Centre (E2 7RU).

To join <https://healthygenerations.org.uk/join-seated-exercise-sundial/>



SEWING THURSDAYS

12.30pm-3.00pm Sewing Circle at Hornsey Lane Community Centre (N19 3YJ).

To join <https://healthygenerations.org.uk/join-sewing-Hornsey/>



TAI CHI MONDAYS

5.00pm-6.00pm Live Wustyle with the Wu Shi Studio .(N4 2DW).

To join <https://healthygenerations.org.uk/join-tai-chi/>



TAI CHI THURSDAYS

2.00pm-3.00pm Live Wustyle with the Wu Shi Studio .(N4 2DW).

To join <https://healthygenerations.org.uk/join-tai-chi/>



CHAIR YOGA THURSDAYS

10.00am-11.00am With Jaz at Dove Rooms (N1 3FS).

To join <https://healthygenerations.org.uk/join-chair-yoga-dove/>



CHAIR YOGA FRIDAYS

11.00am-12.00pm With Jessica at St Lukes Community Centre (EC1V 8AJ).

To join <https://healthygenerations.org.uk/join-chair-yoga-st-lukes/>



CHAIR YOGA FRIDAYS

2.00pm-3.00pm With Jessica at the West Library (N1 1BD).

To join <https://healthygenerations.org.uk/join-chair-yoga-west-library/>