

# Adult session timetable 2026

## Tuesday

### Dancercise

10am-11am  
50+ years  
£3

Dance along to a variety of styles, rhythms and tempos to keep fit and healthy whilst having fun! No dance experience required. **CC.**

### Shake Your Groove

11.30am-12.30pm  
Women only  
18+ years

Our weekly women's dance class with pro-dancer and choreographer Jreena Green will teach routines encouraging women to get fit and have fun! **CC.**

### Gentle Gardening

11.30am-2pm  
18+ years

Meet new people, tend our gardens, learn about growing vegetables and enjoy trips. Sessions include refreshments and a healthy lunch. **BSG.**

## Want to make a difference in your community?

Get involved by volunteering at one of our regular activities or one-off-events. Email us at [volunteering@coinstreet.org](mailto:volunteering@coinstreet.org) to learn more.

## Thursday

### Coffee Morning

11am-1pm  
50+ years

Join our coffee morning, enjoy hot drinks, biscuits, conversation and quizzes. Meet new people and make friends. **CC.**

### Gym 'n' Juice

1.30pm-3pm  
Women only  
18+ years

Join our friendly and inclusive women's fitness group for an hour-long gym session aimed at supporting women's health and boosting confidence. **CC.**

### Community Singing

6.15pm-7.30pm  
18+ years

Come and sing with our inclusive community group and leave with a smile on your face. Get advice from trained professionals and have fun singing. All abilities welcome. **NC.**

## Friday

### Over 50s Art Group

11am-1pm  
Fortnightly  
50+ years  
£3 optional

The Over 50s Art Group is for anyone interested in art, developing their skills and going on themed trips. New people are welcome, no previous experience is necessary, only an interest in exploring, learning and having fun. **NC.**



## Saturday

### Feel Good Saturday

11am-2pm  
50+ years

Take part in fitness and wellbeing activities including group gym circuits, badminton and chair yoga. Enjoy being active and socialising in a welcoming and inclusive space. **CC.**

### Caribbean Fusion Dance

2.30pm-3.30pm  
50+ years  
£3

This class is a mix of contemporary and Caribbean dance with Sheba. This follow along class is suitable for over 50s and focuses on movement and having fun! **CC.**






Please email: [community@coinstreet.org](mailto:community@coinstreet.org) to register for sessions.

All sessions are free unless note otherwise. Please email for more information.

Find out more: [community@coinstreet.org](mailto:community@coinstreet.org)  
020 7021 1600  
[coinstreet.org/whats-on](https://www.coinstreet.org/whats-on)

Participants must contact us before attending a session in order to register and book their place. Priority is given to local residents.

 @coinstreet\_se1  
 @CoinStreet  
 /CoinStreet  
 Coin Street

**Key:**  
**NC:** Coin Street neighbourhood centre, SE1 9NH  
**CC:** Colombo Centre, SE1 8DP  
**BSG:** Bernie Spain Gardens, SE1 9PH