



Classes Special

We are delighted to be able to restart classes and bring new activities to our centre. This newsletter will give more information about how you can enhance your health and wellbeing at Kentish Town Community Centre



Camden MARTIAL ARTS

BRUCE LEE'S JEET KUNE DO
KALI • KICKBOXING • SELF-DEFENCE

We are the home of Camden **Martial Arts**. Julian runs sessions at KTCC for beginners on Thursday nights, an advanced class on Wednesday nights and a women's only session on Wednesday lunchtimes. Julian also runs a session at KTCC on a Saturday morning. For more details head here:

www.camdenmartialarts.com

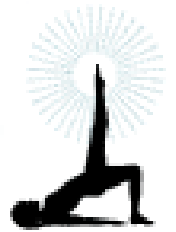
On a Monday night Damien runs **hip-hop classes** in our Dance Studio
www.b-better.org.uk



Natalia runs **ballet sessions** at KTCC on a Wednesday evening. Natalia has been teaching ballet for over 30 years. For details of classes head to Natalia's website: www.rushinballet.com



Patricia is starting a new **Pilates class** at Kentish Town Community Centre, every Tuesday morning from 9.30 – 11.30am. For more information check out her website: <https://patricia-pilates.com>



Diddy dance is a fun space where children under 5 can get together dance and have fun. Diddy Dance runs at KTCC on a Wednesday morning. For more information contact Anouska at www.diddidance.com/diddi-dance-north-london

These are just some of our classes and more classes are starting all the time. For more information email Tom on bookings@ktcc.org.uk or go to our website www.ktcc.org.uk or Twitter @KentishCC



Classes for our Older People

Our Older Peoples Project (OPP) runs

- We run dance session every Wednesday morning.
- Boccia Session on a Thursday morning.
- Workshops and activities every other Friday

We also run pop-up sessions throughout the year. These sessions include boat trips, gardening sessions and trips to the theatre. Joining our Older Peoples Project is free and easy. All you need to do is email projects@ktcc.org.uk or call 0207 842 3212

Accessing other services at KTCC

We are an innovative multi-purpose building in the heart of Kentish Town.

We offer spaces for hire, support for local people and we run projects for the community that include our award-winning Youth Service, Older Peoples Project, The Kentish Town Arts Club and our Food Hub.



For more information email info@ktcc.org.uk