

| SATURDAY | |
|-------------|---|
| 9-10 | Yoga with Fola A comfortable space to move, rest & be present. Vinyasa yoga, blending traditional and contemporary practice and linking breath with movement. Move fluidly through a creative and dynamic sequence leaving you feeling balanced and energised. All levels. £10. Book your space at: https://yogawithfolia.simplybook.it/ . |
| 9-10 | Pilates Mat Class. Combining various exercises with correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: perrypilates@hotmail.com . Drop in £10 - blocks of 5 for £40 valid 6 months from first use. Book in advance here - https://boookwhen.com/perrypilates . |
| 10.15-11 | Toddler Yoga. 18 mths to 3yrs. Stretch, move and relax together. £12 *. Booking essential. For info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669 07902. Only 4 July. |
| 11.15-12 | Pre school Yoga for 3 to 5yr olds. Only 4 July. |
| 10.15-11.00 | Uptop Dance School. Mini. Street Dance for 4+5yrs with Vivian. Develop coordination, confidence & make new friends. Contact Andrei: 07448 588 860. Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration . Only 4 & 11 July. |
| 11.15-12.15 | Uptop Dance School. Kids. Street Dance for 6-9yrs with Vivian. Ffurther info see Uptop Mini above |
| 2-4 | Music Circle in the Café. This month: 4 July. |
| SUNDAY | |
| 9.30-10.30 | NEW. All-levels yoga helps you move with kindness, build energy, and finish feeling lighter and more connected. Complete beginner or an experienced yogi, all welcome. Classes are pay-what-you-can (£4, £6, or £8). Book online or simply drop in. More info contact Michelle on 07700 123456 or email michelle@yogaexample.co.uk . |
| 10-11 | Capoeira for kids 4-7 yrs. Develop balance, coordination, general fitness & flexibility, a sense of rhythm & body awareness, concentration & social interaction. £10 drop in or £55 for 8. For more info contact Paulina on 07931 916 233 or info@capoeirabemvindo.co.uk . Only 5 July. |
| 11-12 | Capoeira for kids 8-10 yrs. As above. |
| 11-12 | Children's Yoga for 4-8 yrs. Fun approach to yoga using gentle poses, music, games, breathing and mindfulness techniques, storytelling and visualisation. Info & booking 07765 243 087 or DM Martha @ marthaschildrensyoga . £10 drop in and discounted block bookings available. Only 5 & 12 Jul. |
| 2-3.30 | Friends of Lordship Rec monthly meeting. All park users welcome. This month: 5 July. |
| 2-4 | Songs from the Land , free, queer-led inclusive singing group, celebrating the beauty of folk music & nature through song. No experience needed. A welcoming & supportive space. Insta: @songs-from-the-land or email songsfromthelandgroup@gmail.com . This month: 19 July. |

Hub 13th BIRTHDAY!

Saturday 25th July, 12-4pm
SPECIAL MENU at the Hub Cafe
with incredible BIRTHDAY CAKE to share.
FREE fun activities for Children - races,
kids workshop and a water fight!!
Plus other activities tbc.

ALL welcome to come along to celebrate with us and join in the fun

New Yoga Class

All-levels yoga class on Sundays 9.30-10.30am, designed to help you move with kindness, build energy, and finish feeling lighter and more connected. Whether you're a complete beginner or an experienced yogi, everyone is welcome. Classes are pay-what-you-can (£4, £6, or £8), and you can book online or simply drop in. For more information, contact Michelle on 07700 123456 or email michelle@yogaexample.co.uk.

Gardeners Question Time

Sunday 26th July, 1.30-3.30pm
 Come with all your gardening questions. A panel of local expert gardeners will be there to give you advice. Opening FREE event of the Tottenham Flower and Produce Festival 26.

LORDSHIP HUB

Community building in every sense

**JULY
2026
PROGRAMME**



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by local staff and volunteers

Lordship  Hub

Lordship Recreation Ground,
 Higham Road, N17 6NU
 020 8885 5684
hello@lordshiphub.org.uk
www.lordshiphub.org.uk
 [lordshiphub_n17](https://www.instagram.com/lordshiphub_n17)  [LordshipHub](https://www.facebook.com/LordshipHub)
 Phone us re disabled vehicle access to the park 

What's on at Lordship Hub in July 2026

Hub Café open 11-4pm (not Thursdays). Weekends open from 9am. drop-in office hours Mon/Tues/Thur/Sat 11-3pm, email: people@lordshiphub.org.uk, phone 020 8885 5684 or see www.lordshiphub.org.uk

| | | | |
|-----------|-------------|--|----------------------------------|
| Monday | 10-11 | Postnatal Yoga (with babies). A therapeutic Mum-focused yoga class for postnatal healing and recovery. Incorporating breath-work, gentle movement and embodiment practices. For more info and to book visit www.clareproudfoot.com or contact clare@clareproudfoot.com . | £10* |
| | 11.30-1.30 | Watercolour Painting Group. First session free, then £45 monthly in advance. A relaxed, friendly and supportive group. All levels welcome. Booking required. Contact Catherine 47moonraker@gmail.com . | £45 pcm |
| | 1.45-2.45 | Pilates with Marguerite - A general level Pilates Matwork Class, suitable for anyone with recurring lower back pain, shoulder/ neck pain or general stiffness. We work on developing sound technical foundations before powering up into some stronger moves, always moving at a steady pace. £10 per class, bookings at https://www.margueritepilates.com/offering/pilates-matwork-lordship-rec . Not 27 July. | £10 |
| | 4-4.45 | Uptop Dance School. Mini. Street Dance for 4+5yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860 , Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration . Only 6 July. | Prices vary see website |
| | 5-6 | Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Only 6 July. | |
| | 6.30-7.30 | Boxing for fitness. Improve fitness, confidence, lose weight and have fun, using boxing gloves and pads. All levels welcome from beginners to advanced. £8 per session or £28 for a block of 4 sessions. For further info contact Bill on 07941 434 186 . | £8/7 |
| Tuesday | 11-12 | Silverfit. Exercise for 45+. Yoga. For more information and booking contact 07976 547 717 , info@silverfit.org.uk , www.silverfit.org.uk . Silverfit also organises Nordic Walking in the Rec from 11.00-12.00. £3 per session. | £3 |
| | 12.30-1.30 | Hula Hooping with Sara - For fitness and fun. Everybody welcome. Hoops provided. For further info contact Sara: 07932566508 , sarahall52@gmail.com . Back in Sept. | £5 |
| | 1.30-2.30 | Mixed Media Art Session Tips & Techniques using found & bought art resources to create collage, recycle mixed media art journals & visual journaling. For more info contact Sandra on 07888 678 780 or lastdoorstudio@gmail.com . Some resources provided.. | £7 |
| | 7-8pm | Yoga – all levels. Erin's classes offer relaxing sequences that are accessible for all levels. No experience necessary. Join her for fun & nurturing classes. £8 drop in or 5 classes for £30. E-mail: Erinwolson@gmail.com to book. | £8/£6 |
| Wednesday | 10-11 | Baby Yoga from 6wks to 8months. Booking essential. More info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669 . Only 1 July. | £10* |
| Thursday | 11-12 | Thula Mama. Nourishing group for parents with babies under one year. We sing songs from around the world in beautiful harmony. Open to everyone – no experience necessary. Ring Holly for info 07709 438 777 . £11 for one class, £9 for a block. Booking essential: happity.co.uk/thula-mama-london . Not 23 & 30 July. | £11/£9* |
| | 11-2 | Seniors' Coffee Morning. Come and meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in. | Donation |
| | 12-2.30 | Free food on Thursdays. 12-1 Food parcels. Come for a hot meal 1-2.30. For more info contact the OK Foundation 07483 172 781 . | FREE |
| | 2-3.15 | 5 week Postnatal Yoga (with babies). A therapeutic, Mum-focused yoga class for postnatal healing and recovery. Incorporating breath-work, gentle movement and embodiment practices. For more info and to book visit www.clareproudfoot.com or contact clare@clareproudfoot.com . Only 9 & 16 July. | £10* |
| Friday | 10-30-11.15 | Tiny Time Music. Cheery introduction to musical concepts. Expect instruments, scarves, singing, shaking and bubbles! Block booking for the half term is £59.50, drop in £10 p/wk, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: tinymusic@outlook.com . Only 3 & 10 July. | £10 (£5 siblings) |
| | 10-12 | Botanical Drawing Class. Join a friendly relaxed Botanical Drawing class. No experience necessary! We will use plant and tree materials from The Orchard and surrounding park of Lordship Recreation Ground. All materials will be provided. Please note that we only take cash now, £10 per class on the day. For more information contact Sally on 07757 333 202 . Back September. | £10 suggested (pay what you can) |
| | 5-6 | Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860 , contact@uptopdance.com . Price list: www.uptopdance.com/fees . Trial registration form: www.uptopdance.com/registration . Only 3 & 10 July. | Prices vary see website |
| | 6-7 | Uptop Dance Youth Company. Invitation Only. Street Dance for 10+yr olds with Andrei. Only 3 & 10 July. | |

*Concessions available

WEEKEND CLASSES SEE OVER - Check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk