

Programme of Noor Ul Islam Trust & MIWA Activities 23 January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Islamic Studies Course In English for Sisters age 16 & over 9:30am 12:30pm 12:30pm – 3.00pm 713 High Road	Islamic Studies Course In English for Sisters age 16 & over 9:30am - 12:30pm 12:30pm – 3.00pm 713 High Road	Tafseer for Sisters Urdu: 10:00am -1:00pm English: 10:00am -1:00pm 713 High Road	Arabic for Sisters Intermediate 9:30am - 11:00am Beginners 11:15am – 12:45pm 713 High Road	Open Evening Sessions for Brothers 7:00pm – 9:00pm Islamic Talk & Q & A 715 High Road	Classes for Sisters Islamic Talk 10:30am – 11.30 am Tajweed for Beginners 11:30am – 12.30pm Quranic Arabic 12:30pm – 1:30pm Mezzanine 713 High Road	Youth Football session Boys 5 -17 9:45am – 10:45am Adult Football 10:30am – 12:00pm Score Centre, 100 Oliver Rd, E10 5JY
Adults MMA Adult Kick Boxing/Muay Thai 7:30pm – 9:00pm 717 High Road	Mothers and Toddlers Group Up to 4 Years Old 10:00am - 11:30am 713 High Road	General Islamic Talk For Women 11:30am – 12:30pm Mezzanine 713 High Road	Tea Club For Sisters 2:00pm - 3:30pm 717 High Road	Boxing for Brothers Under 12 8:15pm – 9:15pm Over 12 9:15pm – 10:15pm 715 High Road	Arabic for Brothers 10:00am – 11:30am 713 High Road Tajweed Class for Brothers 11:30am – 12.30pm 713 High Road	Youth Club Sisters 1:00pm – 2:30pm Brothers 3:00pm - 4:30pm 717 High Road
Girls Kickboxing 14 - Adults 7:00pm – 8:00pm 715 High Road	Muslim Scouts 10½ - 12½ yrs 7:00pm - 8:30pm 713 High Road Boys & Girls (Alternate Weeks)	Homeopathy for sisters Free advice 12:00 noon - 1:00pm 713 High Road	Muslim Scouts Cubs 6 - 8 yrs Beavers 8 – 10 yrs 7:00pm - 8:30pm 715 High Road	Open Evening Sessions for Sisters 7:00pm – 9:00pm Islamic Talk & Q & A 715 High Road	Youth Jiu Jitsu (Boys) Submission Wrestling 7 – 17 yrs 4:30pm – 6:30pm 715 High Road	General Martial Arts & Fun Activities Boys & Girls 4 – 9 yrs 2:30pm -3:30pm Boys 10 – 17 years 3:30pm – 4:30pm 715 High Road
	Adults MMA (Men) Jiu Jitsu Submission Wrestling 7:00pm – 8:30pm 717 High Road	Youth Kickboxing Muay Thai Boys 7 - 17 yrs 7:00pm – 8:15pm 717 High Road	Adults MMA (Men) Training 7:30pm – 9:00pm 717 High Road			Girls Sports Fun & Games 5 – 8 yrs 10.00am – 11:00am Girls Multi Sports 9 – 16 yrs 11:00am-12:30pm Score Centre, 100 Oliver Rd, E10 5JY
		Girls Kickboxing 14 - Adults 7:00pm – 8:00pm 715 High Road				

PERMANENT ACTIVITIES AND SERVICES

Hifz Class for boys Monday – Friday 6:45am – 7:45am 5.00pm – 7:15pm 711 High Road	Aalimah Course Mon – Thurs 9:00am – 2:30pm Fri 9:30am - 11:00am 5 Year Course Plus 1 Year Course in Arabic	Male Circumcision Service By Qualified Doctors By Appointment Only 10:00am – 4:00pm 715 High Road	Civil Marriage Matrimony & Nikah (By appointment only) Also Funeral Services	LMCS Mon - Fri Madrasah 5 -12 yrs 4:30pm – 6:30pm LMCS Saturday Madrassah 5 – 16 yrs 10:00am – 12:30pm	Pre School From 3 years 1 st Session 8:45am – 11:45am 2 nd Session 12:15pm – 3:15pm	Primary School Full Time from 4 -11 yrs 135 Dawlish Rd,E10 8:40am – 3:40pm
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Noor Ul Islam Trust:- 711-713 High Road, Leyton, London, E10 5AB Tel:-020 8558 0786
 Pre-School:- 715 High Rd, London, E10 5AB Tel:-020 8558 3014
 Primary School:- 135 Dawlish Rd, London, E10 6QW Tel:-020 8558 8765 (www.nuips.org)
 Email:- enquiries@noorulislam.co.uk www.noorulislam.co.uk Charity No. 1017780
 MIWA & LMCS Madrassa Office:- 715 High Rd, London, E10 5AB Tel:-020 8539 0769

Most of the activities listed above are
subsidised by Noor Ul Islam.
We need your donations,
which will help us keep these activities going.

