

THE NW LONDON



Issue 653

LOCALNEWS

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25 July 2024 || פרשת פינחס תשפ"ד

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Date: Tuesday 30th July

Venue: Miriam Rachel Wohl Hall, The Riding, NW11

Time: 2.30pm (please note later summer start)

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Refreshments will be served

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Back from Sem or Yeshiva?

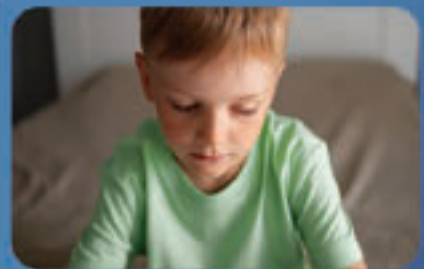
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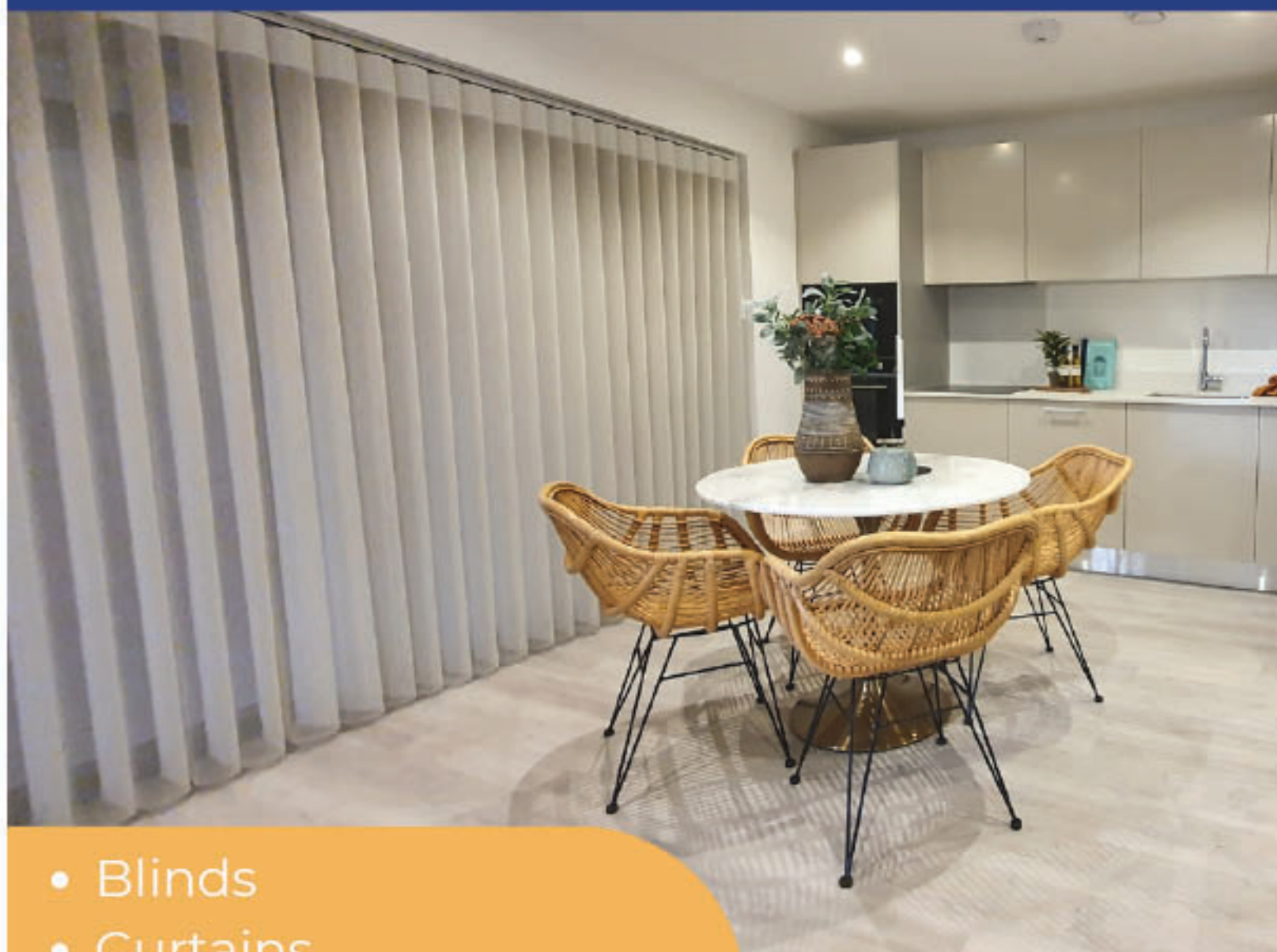
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24-25 July

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Who's voice should be heard ?

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24-25 July

This is NOT an appeal

We only need your signature to to have a tremendous impact.

SIGN UP HERE



Some of the many Accomplishments

Thanks to the efforts of Eretz HaKodesh:

- Ongoing efforts in the battle for Kedushas Eretz Yisroel, upholding the integrity of Geyrus, Kashrus, protecting the holiness of the Kosel, securing funding for essential projects, fighting for the right education, and much more.
- Assisted with millions of pounds hundreds of mosdos, yeshivos, seminaries, kollelim and other frum organizations in Eretz Yisroel
- £2,700,000 was funded for global Jewish causes.
- Assistance was provided to 110 yeshivos and seminaries in addressing visa, passport, and other related issues.



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SUMMER

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10.30am-4.30pm

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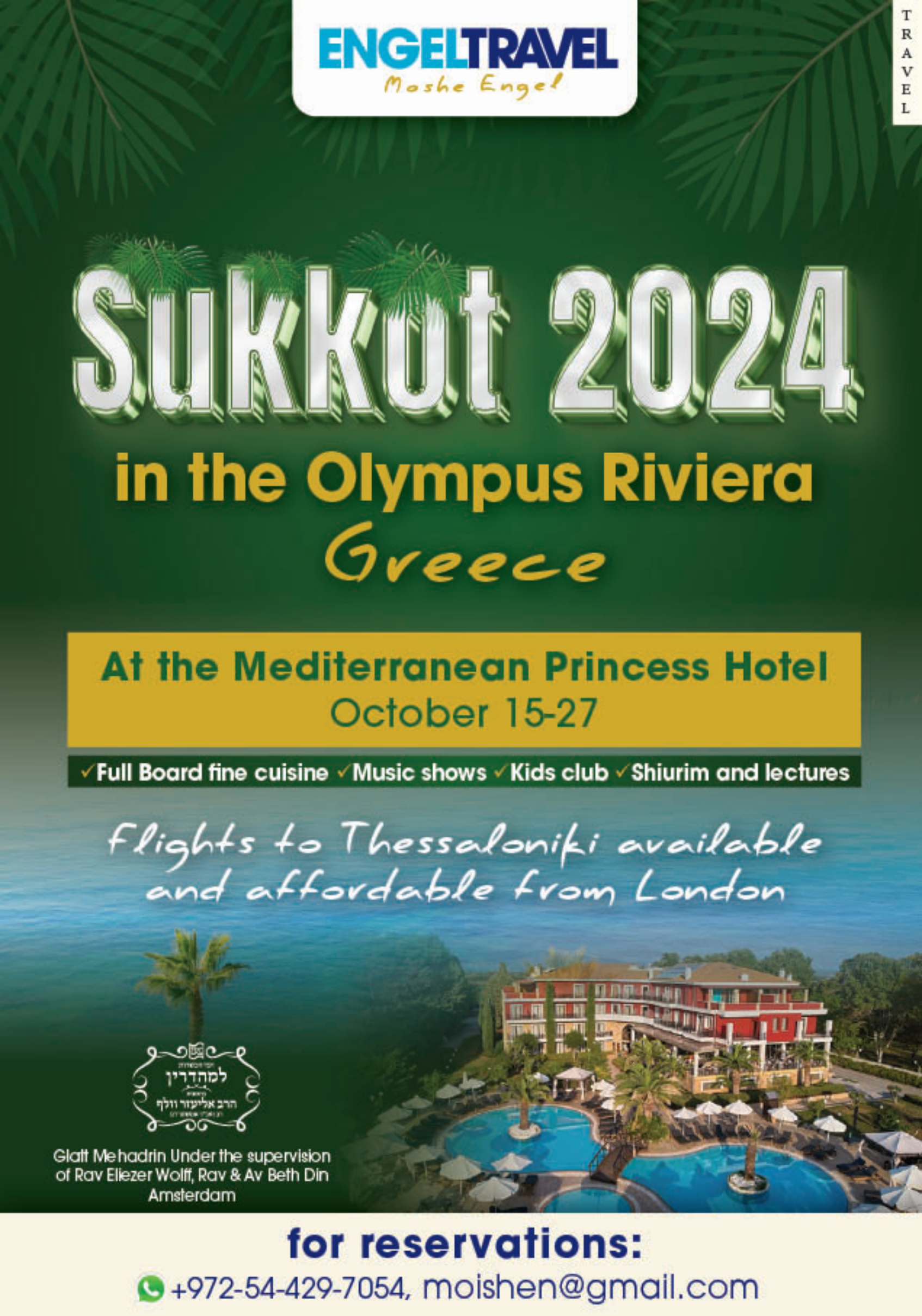
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SUMMER SCHEDULE @thefitloft

Classes resume as normal on 9th September

WEEK 1

Week Commencing 28 July

SUN	MON	TUE	WED	THURS	FRI
10:00	09:30	09:45	06:30	9:30	9:30
CIRCUIT	CIRCUIT	SPIN FUSION	BOXING + TONE	CIRCUIT	BURN
	10:30		09:30	11:00	10:30
	PUMP IT UP		SUMMER SHRED	PILATES	PUMP IT UP
	20:30			20:30	
	SUMMER SHRED			SUMMER SHRED	

WEEK 2

Week Commencing 4 August

SUN	MON	TUE	WED	THURS	FRI
10:00	09:45	CLOSED	06:30	9:45	9:45
CIRCUIT	CIRCUIT		BOXING + TONE	CIRCUIT	BURN
	10:45		09:45	11:00	10:30
	PUMP IT UP		SUMMER SHRED	PILATES	PUMP IT UP
	20:30			20:30	
	SUMMER SHRED			SUMMER SHRED	

WEEK 3

Week Commencing 11 August

SUN	MON	TUE	WED	THURS	FRI
10:00	09:45	CLOSED FOR TISHA B'AV	09:45	9:45	9:45
CIRCUIT	CIRCUIT		SUMMER SHRED	CIRCUIT	BURN
	10:45			11:00	
	PUMP IT UP			PILATES	
				20:30	
				SUMMER SHRED	

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9:30am & 9:45am classes



SUMMER CLASSES



BURN

Strength and cardio



CIRCUIT

HIIT strength

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PILATES



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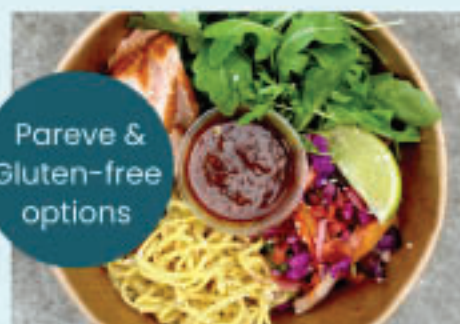
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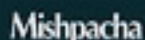
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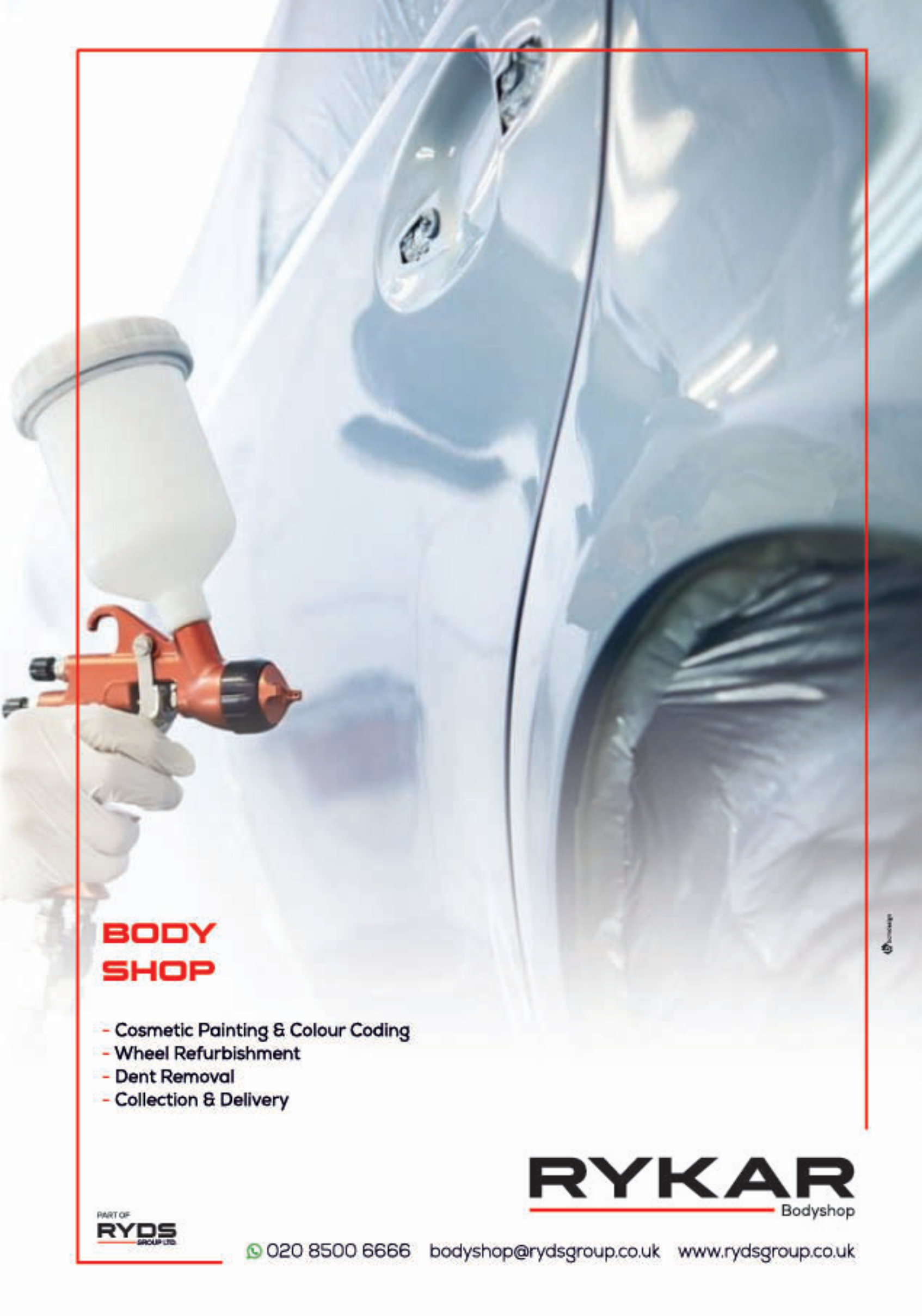
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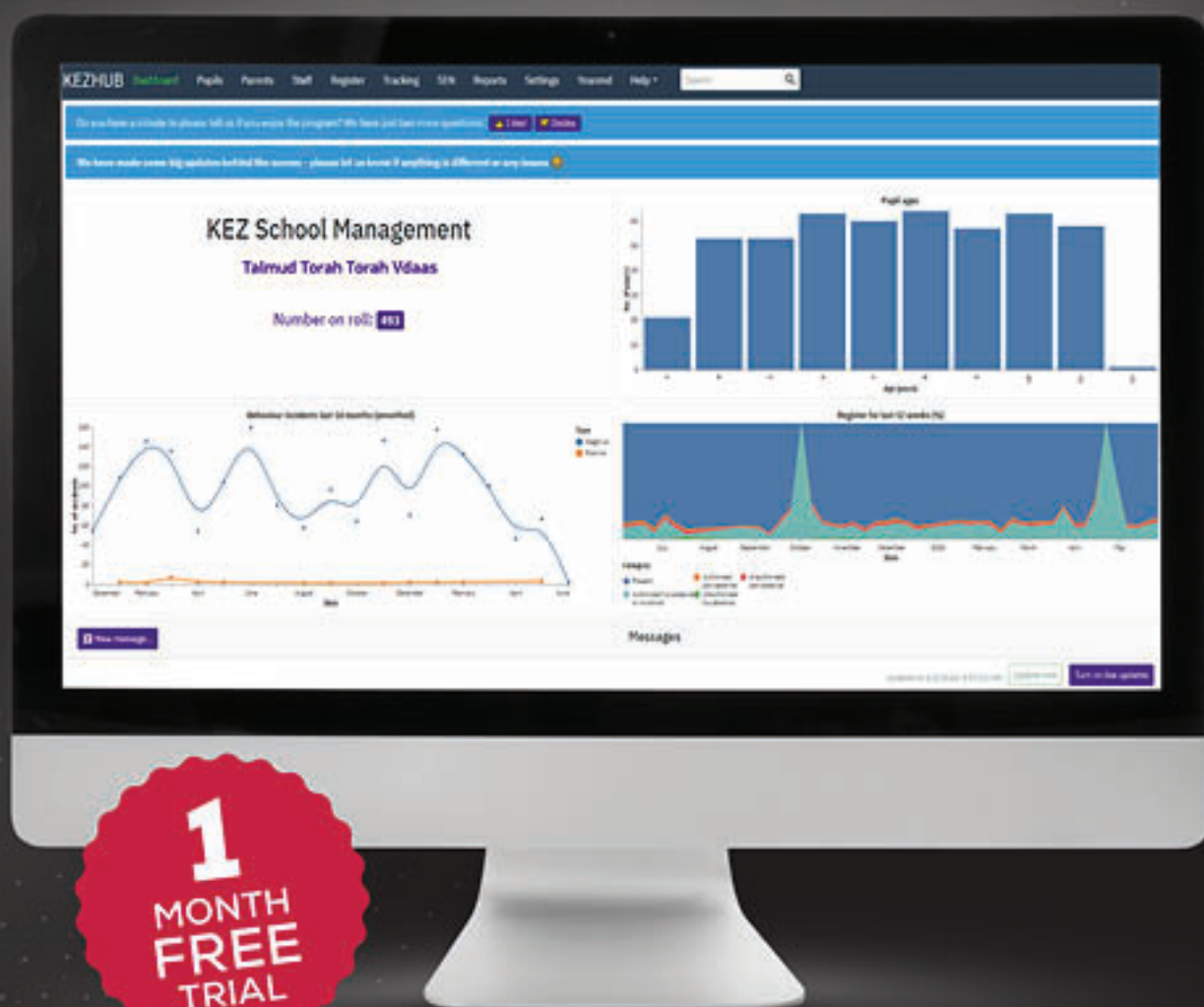
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1 א	2 ב	3 ג	4 ד BOOKING DEADLINE 12:00 ARTWORK BY 16:00 Book Deadline: 2nd day	5 ה 4 ISSUES BEFORE ROSH HASHONAH	6 ו	7 ז Shofar
8 ח	9 ט	10 י	11 יא BOOKING DEADLINE 12:00 ARTWORK BY 16:00	12 יב 3 ISSUES BEFORE ROSH HASHONAH	13 יג	14 יד KI Tetze
15 טו	16 טז	17 יז	18 יח BOOKING DEADLINE 12:00 ARTWORK BY 16:00	19 יט 2 ISSUES BEFORE ROSH HASHONAH	20 כ	21 כא KI Tavo
22 כב	23 כג	24 כד	25 כה BOOKING DEADLINE 12:00 ARTWORK BY 16:00	26 כו FINAL ISSUE BEFORE ROSH HASHONAH	27 כז	28 כח Nitzavim-Vayelech
29 כט	30 ל					

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	שבת
		1 א YOM KIPPER ISSUE BOOKING DEADLINE 12:00 ARTWORK BY 16:00	2 ב Office Closed	3 ג Office Closed Rosh Hashanah	4 ד Office Closed Rosh Hashanah	5 ה ו Hil'asina
6 ז DISTRIBUTION YOM KIPPER ISSUE Yom Kippur	7 ח	8 ט	9 י SUKKOS ISSUE BOOKING DEADLINE 12:00 ARTWORK BY 16:00	10 יא DISTRIBUTION SUKKOS ISSUE	11 יב Office Closed Yom Kippur & Yom Kippur	12 יג Yom Kippur
13 יד	14 טו	15 טז	16 יז Office Closed Yom Kippur	17 יח Office Closed Yom Kippur	18 יט Office Closed Yom Kippur	19 כ Shofar (2nd day)
20 כא	21 כב	22 כג	23 כד Office Closed Yom Kippur	24 כה Office Closed Yom Kippur	25 כו Office Closed Yom Kippur	26 כז Shofar (2nd day)
27 כח	28 כט	29 ל	30 א BOOKING DEADLINE 12:00 ARTWORK BY 16:00	31 ב DISTRIBUTION ISSUE 662		



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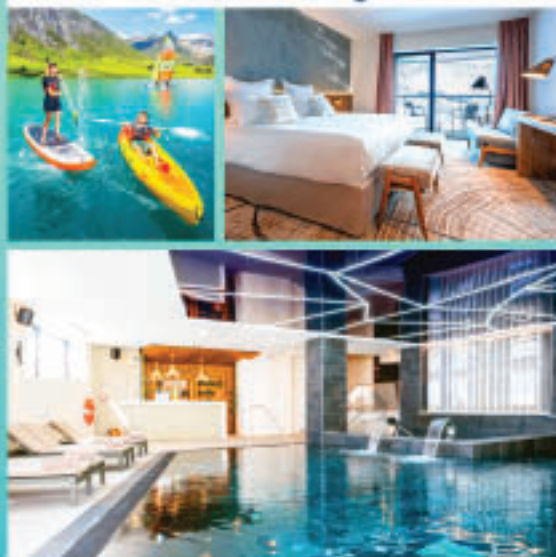
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Deadline for applications: Wednesday 31st July 2024

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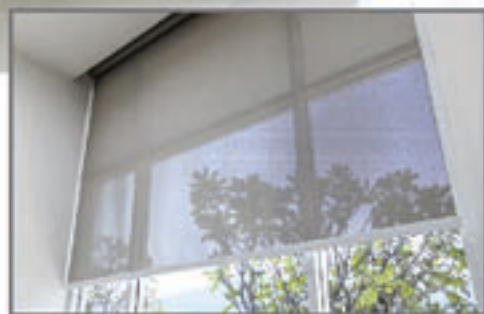
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Shimon Hirsch	Westside Lodge E5
Isaac Low	Bridge Lane NW11
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Dov Stone	Heathfield Gardens NW11
Reich Children	Highfield Avenue NW11
Osher Steinhauz	The Drive HA8
Goldi Reichman	Rostrevour Avenue N15
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