



in partnership with
Kesgrave Community & Sports Centre

LEISURE ACTIVITIES

in school term time only

Mondays	PILATES	11.30am - 12.30pm
Tuesdays	AEROBICS	9.30am - 10.30am
	BADMINTON*	10.45am - 11.45am
Wednesdays	LEBED	10.00am - 11.00am
	This class is new to East Anglia & involves gentle exercises to stretch & strengthen muscles - sitting or standing	
Fridays	BADMINTON*	9.30am - 10.30am
	AEROBICS	9.30am - 10.30am
	PILATES	10.45am - 11.45am

* No partner required

For further details, please call 01473 612 648 Ext. 20/25
Monday - Friday 9.00am - 4.00pm
www.kwmcc.co.uk/community

