



Kesgrave Community & Sports Centre

Leisure Activities

Kesgrave Sports & Community Centre
Twelve Acre Approach, Kesgrave, IP5 1JF

Weekday Term Time & Evening Activities April - July 2010

MONDAY	11.30am - 12.30pm	YOGALATES (a mixture of Yoga and Pilates)
	10.45am - 11.45am	BADMINTON
TUESDAY	8.00pm - 9.00pm	AEROBICS & BADMINTON* (This class runs in the school holidays)
	9.30am - 10.30am 10.45am - 11.45am 12.00pm - 1.00pm	AEROBICS & BADMINTON PILATES LEBED <i>www.rythmoflife.org.uk</i>
FRIDAY		

**ALSO, *BADMINTON COURTS FOR HIRE
PLEASE PHONE FOR AVAILABILITY**

**WE RECOMMEND THAT SESSIONS ARE BOOKED IN ADVANCE
PLEASE CONTACT THE CENTRE FOR FURTHER DETAILS ON
01473 612648 EXT. 20/27**

PROGRAMME MAY BE SUBJECT TO CHANGE