



THE CODDENHAM CENTRE



ACTIVITIES ARE BACK! MAY 2021

01 MAY SATURDAY

09:45 - 11:00
Nordic Walking Weekend Walk

04 MAY TUESDAY

09:45 - 11:00
Nordic Walking Wellness Walk

05 MAY WEDNESDAY

18:30 Kick Off
CAFC v AFC Wanderers

06 MAY THURSDAY

06:30 - 22:30
MSDC & PCC Election

08 MAY SATURDAY

09:45 - 11:00
Nordic Walking Weekend Walk
12:30 - 13:30
Nordic Walking Taster - Free
14:30 Kick Off
CAFC v Cockfield
16:30 Kick Off
CAFC v Needham

09 MAY SUNDAY

10:00 - 13:00
The Coffee Station

10 MAY MONDAY

09:30 - 11:00
Nordic Walking Workout Walk

11 MAY TUESDAY

09:45 - 11:00
Nordic Walking Wellness Walk

13 MAY THURSDAY

16:30 - 21:30
Dance Classes

15 MAY SATURDAY

09:45 - 11:00
Nordic Walking Weekend Walk

12:00-13:30
Get Nordic Walking Course

17 MAY MONDAY

09:30 - 11:00
Nordic Walking Workout Walk

14:30 - 17:00
Carpet Bowls

19:30 - 22:00
Badminton Club

18 MAY TUESDAY

09:45 - 11:00
Nordic Walking Wellness Walk

18:15 - 19:15
Pilates

19:30 - 20:30
Pilates - The basics

19 MAY WEDNESDAY

09:00 - 12:00
Mother & Toddler Group

10:00-11:30
Get Nordic Walking Course

20 MAY THURSDAY

13:45 - 15:00
Dru Yoga Classes

16:30 - 21:30
Dance Classes

21 MAY FRIDAY

10:00 - 11:00
HIT /Yoga

11:15 - 12:30
Pilates

22 MAY SATURDAY

09:45 - 11:00
Nordic Walking Weekend Walk

09:45 - 11:00
Yoga

11:30 - 12:30
Tai Bo

14:00 - 15:30
Get Nordic Walking Course

14:30 Kick Off
CAFC v AFC Kesgrave

24 MAY MONDAY

09:30 - 11:00
Nordic Walking Workout Walk

19:30 - 22:00
Badminton Club

25 MAY TUESDAY

09:45 - 11:00
Nordic Walking Wellness Walk

18:15 - 19:15
Pilates

19:30 - 20:30
Pilates - The basics

26 MAY WEDNESDAY

09:00 - 12:00
Mother & Toddler Group

10:00-11:30
Get Nordic Walking Course

27 MAY THURSDAY

16:30 - 21:30
Dance Classes

28 MAY FRIDAY

10:00 - 11:00
HIT /Yoga

11:15 - 12:30
Pilates

29 MAY SATURDAY

09:45 - 11:00
Nordic Walking Weekend Walk

09:45 - 11:00
Yoga

11:30 - 12:30
Tai Bo

30 MAY SUNDAY

10:00 - 13:00
The Coffee Station

01 JUN TUESDAY

09:45 - 11:00
Nordic Walking Wellness Walk

18:15 - 19:15
Pilates

19:30 - 20:30
Pilates - The basics

03 JUN THURSDAY

13:45 - 15:00
Dru Yoga Classes

16:30 - 21:30
Dance Classes

04 JUN FRIDAY

10:00 - 11:00
HIT /Yoga

11:15 - 12:30
Pilates

05 JUN SATURDAY

09:45 - 11:00
Nordic Walking Weekend Walk

09:45 - 11:00
Yoga

11:30 - 12:30
Tai Bo

06 JUN SUNDAY

10:00-13:00
SUNDAY BRUNCH
@the Coddenham Centre
Outdoors - All Welcome



THE CODDENHAM CENTRE

A CENTRE FOR RECREATION, CELEBRATION, LEARNING, SPORT & ENJOYMENT - ACCESSIBLE TO ALL
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