



THE CODDENHAM CENTRE

MORE EVERY WEEK

@THE CODDENHAM CENTRE

MONDAY

9:30 - 11:30
Workout
Nordic Walk
14:00 - 17:00
Carpet Bowls
19:00 - 22:00
Badminton Club

TUESDAY

9:45 - 11:30
Wellness Nordic Walk
09:30 - 13:30
Little Rainbows
Baby Sensory - 3 classes
18:15 - 19:15
Pilates with Tracy - Lvl. 3
19:30 - 20:30
Pilates with Tracy - Lvl. 2

WEDNESDAY

09:30 - 12:00
Toddler Group
10:00 - 12:00
Coddenham
Tennis Club
19:30 - 22:00
Carpet Bowls

THURSDAY

13:45 - 15:00
Dru Yoga
Over 50s Classes
16:30 - 21:30
Ballroom
Dance Classes

FRIDAY

09:30-10:30
Friday
Fit Club-HiIT -
bring your little ones
11:15-12:15
Pilates with Tracy
12:30-14:00
Warm Space -
Soup at TCC

SATURDAY

9:45-11:30
Weekend
Nordic Walk

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

Mary Day Close, Coddenham IP6 9SR. Tel No: 07720 206532. Web: www.thecoddenhamcentre.co.uk Email: enquiries@thecoddenhamcentre.co.uk

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THE CODDENHAM CENTRE

The Coddenham Centre is committed to supporting active wellbeing for the parish and beyond.

Apart from our weekly offer (over), we list here forthcoming and monthly events. Do support or tell your friends if you can.

We also welcome enquiries from fitness professionals and private initiatives for clubs, activities or entertainment.

Please call 07720 206532, or go to www.thecoddenhamcentre.co.uk alternatively email enquiries@thecoddenhamcentre.co.uk

Keep this with your 2023 diary

MONTHLY:

- Fish and Chips** – 1st Friday of the month.
- The Coffee Station:** 3rd Sunday of the month.
- Choose Refills:** 3rd Sunday of the month.
- 5 Rhythms Dance:** Sunday 3.30 -11 Dec 2022.
8 Jan/12 Feb/12 March/2 April 2023.

EVENTS TO LOOK OUT FOR:

- Coddenham Christmas Party** 10 Dec 19.30.
- New Year's Day:** The Coffee Station.
- New Year Brunch:** Sunday 15 January 10.00-13.00.
- Scrapbooking:** 19 January 09.30 -12.30.
- Red Cross First Aid Course:** 6 February 2023.
- Valentine Quiz Night:** Saturday 18 February 19.00.
- Farmers Market & Brunch:** 26th March, 2nd July, 17th September.
- Ceildh-Easter:** date tba.
- Suffolk Mind:** 1 April 2023 Fire and Ice Charity Event.

PLUS

Bookable, tennis (indoor & outdoor), table tennis, bowls, basketball and Free Outdoor Gym.

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