



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

#### 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.

#### PLUS

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

#### THE CODDENHAM CENTRE

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

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