



# HERE COMES THE SUMMER

@THE CODDENHAM CENTRE

## MONDAY

9:30 - 11:30  
Workout Nordic Walk.  
10:00 - 11:00  
Silver Swans Ballet.  
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.  
18:00 - 20:15  
Pilates with Tracy.  
Level 3 18:00 - 19:00  
Level 2 19:15 - 20:15

## WEDNESDAY

09:30 - 11:00  
Toddler Group.  
10:00 - 12:00  
Coddenham  
Tennis Club.  
19:30 - 22:00  
Carpet Bowls.

## THURSDAY

9:15 - 10:00  
Cardio Tennis.  
11:15 - 12:00  
Walking Tennis.  
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.

## SATURDAY

9:45 - 11:30  
Weekend  
Nordic Walk.  
Call us to book  
or create your own  
event!

## MONTHLY:

**Coffee Station & Choose Refills** - 3rd Sunday of the Month.

**5 Rhythms Dance** - 2nd Sunday of the Month.

**Scrapbooking Workshops, Greeting Card Workshop, 'Coddenham Connections'**  
- check website for dates.

## EVENTS TO LOOK OUT FOR:

**Tennis Court and Nordic Walking Training** - See Website or Book at Reception.

**Market Brunch** - 16th July 10.30 - 2pm Browse, Brunch and Buy Again.

**Centenary of Gudgins' Shop** - Afternoon Tea and Entertainment. 22nd July 2pm - 4.30pm

**The Coddenham Picnic** - 2nd September 12pm - 4pm. Bar & Entertainment. All Welcome.

**Ceildh** - 21st October 7.30pm - 11pm. Bar, Fun & Dance.

**Christmas Market** - 3rd December 10am - 2pm.

## THE CODDENHAM CENTRE

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

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