



THE CODDENHAM CENTRE
Mary Day Close, Coddenham, Ipswich, IP6 9SR

WEEKLY CLASSES & GROUPS

There's something for everyone each week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>08:45 - 09:30 Tai Chi www.trainwithben.co.uk</p> <p>10:00 - 11:00 Silver Swans Ltsschoolofdance23@gmail.com</p> <p>14:00 - 16:00 Carpet Bowls Dave Wythe 07731 124600</p> <p>19:00 - 22:00 Badminton Club pineapple1066@gmail.com</p>	<p>10:00 - 11:00 Chair Yoga vjyoga@gmail.com</p> <p>19:00 - 20:00 Hatha Restorative Yoga jo.hill22@outlook.com</p>	<p>09:30 - 12:00 Baby & Toddler Group debbie.mcdonnell@thecoddenhamcentre.co.uk</p> <p>19:00 - 19:45 Hula with Abs www.hulawithabs.co.uk</p> <p>20:00 - 21:00 Pickleball Xpress carl.douglas@talk21.com</p>	<p>10:30 - 11:30 Hatha Yoga vjyoga@gmail.com</p> <p>14:00 - 16:00 Love to Move susannah.taylor@britishgymnasticsfoundation.org</p> <p>16:30 - 22:00 Ballroom Dance dancematic@hotmail.com</p> <p>19.30 - 20.30 Tennis Xpress carl.douglas@talk21.com</p>	<p>09:30 - 10:30 HIIT & Tone ninawebb2013@hotmail.co.uk</p> <p>11:00 - 12:00 Pilates tracypt@me.com</p>	<p>9:00 - 10:00 Hatha Restorative Yoga jo.hill22@outlook.com</p> <p>10:00 - 11:00 Walking Netball anjie@mail.com</p>	<p>LOOKING FOR A VENUE TO HOST YOUR OWN EVENT, MEETING OR ACTIVITY?</p> <p>CALL 07720 206532</p> <p>EMAIL enquiries@thecoddenhamcentre.co.uk</p>