



EXERCISE CLUB

Dates for May - August 2023

The Club meets every week in
Dove Cottage, 39 High Street, Debenham

**2.00 pm on the 1st, 3rd, and 5th Wednesdays,
and at
2.00 pm on the 2nd and 4th Thursdays**

3rd May (2.00pm)
11th May (2.00pm)
17th May (2.00pm)
25th May (2.00pm)
31st May (2.00pm)

7th June (2.00pm)
15th June (2.00pm)
21st June (2.00pm)
29th June (2.00pm)

5th July (2.00pm)
13th July (2.00pm)
19th July (2.00pm)
27th July (2.00pm)

2nd August (2.00pm)
9th August (2.00pm)
16th August (2.00pm)
23rd August (2.00pm)
30th August (2.00pm)

EXERCISE CLUB

Dates for September - December 2023

The Club meets every week in
Dove Cottage, 39 High Street, Debenham

**2.00 pm on the 1st, 3rd, and 5th Wednesdays,
and at
2.00 pm on the 2nd and 4th Thursdays**

6th September (2.00pm)
14th September (2.00pm)
20th September (2.00pm)
28th September (2.00pm)

4th October (2.00pm)
12th October (2.00pm)
18th October (2.00pm)
26th October (2.00pm)

1st November (2.00pm)
9th November (2.00pm)
15th November (2.00pm)
23rd November (2.00pm)
29th November (2.00pm)

6th December (2.00pm)
14th December (2.00pm)
20th December (2.00pm)
28th December (2.00pm)