



## EXERCISE CLUB

Dates for January - April 2024

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

Usually at 2.30 pm on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Tuesdays, and  
At 2.00 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays  
but always please check with the dates below

**\*\*Note: This will be a session using our on-line facility**

2<sup>nd</sup> January - no meeting  
11<sup>th</sup> January (2.00pm)  
16<sup>th</sup> January (2.30pm)  
25<sup>th</sup> January (2.00pm)\*\*  
30<sup>th</sup> January (2.30pm)

6<sup>th</sup> February (2.30pm)  
15<sup>th</sup> February (2.00pm)  
20<sup>th</sup> February (2.30pm)  
29<sup>th</sup> February (2.00pm)

5<sup>th</sup> March (2.30pm)  
14<sup>th</sup> March (2.00pm)  
19<sup>th</sup> March (2.30pm)  
28<sup>th</sup> March (2.00pm)

2<sup>nd</sup> April (2.30pm)  
11<sup>th</sup> April (2.00pm)  
16<sup>th</sup> April (2.30pm)  
25<sup>th</sup> April (2.00pm)  
30<sup>th</sup> April (2.30pm)



## EXERCISE CLUB

Dates for September - December 2023

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

2.00 pm on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Wednesdays\*, and  
At 2.00 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays

**\*Note: As from December, the Wednesday sessions  
will move to Tuesdays at 2.30 pm**

6<sup>th</sup> September (2.00pm)  
14<sup>th</sup> September (2.00pm)  
20<sup>th</sup> September (2.00pm)  
28<sup>th</sup> September (2.00pm)

4<sup>th</sup> Oct - no meeting  
12<sup>th</sup> October (2.00pm)  
18<sup>th</sup> October (2.00pm)  
26<sup>th</sup> October (2.00pm)

1<sup>st</sup> November (2.00pm)  
9<sup>th</sup> November (2.00pm)  
15<sup>th</sup> November (2.00pm)  
23<sup>rd</sup> November (2.00pm)  
29<sup>th</sup> Nov - no meeting

5<sup>th</sup> December (2.30pm)  
14<sup>th</sup> December (2.00pm)  
19<sup>th</sup> December (2.30pm)  
28<sup>th</sup> Dec - no meeting