



EXERCISE CLUB

Dates for May - August 2024

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

**Usually at 2.30 pm on the 1st, 3rd, and 5th Tuesdays,
but always
always at 2.00 pm on the 2nd and 4th Thursdays**

9th May (2.00pm)
14th May (2.30pm)
23rd May (2.00pm)
28th May (2.30pm)

4th June (2.30pm)
13th June (2.00pm)
18th June (2.30pm)
27th June (2.00pm)

2nd July (2.30pm)
11th July (2.00pm)
16th July (2.30pm)
25th July (2.00pm)
30th July (2.30pm)

8th August (2.00pm)
13th August (2.30pm)
22nd August (2.00pm)
27th August (2.30pm)

EXERCISE CLUB

Dates for September - December 2024

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

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

3rd September (2.30pm)
12th September (2.00pm)
17th September (2.30pm)
26th September (2.00pm)

1st October (2.30pm)
10th October (2.00pm)
15th October (2.30pm)
24th October (2.00pm)
29th October (2.30pm)

5th November (2.30pm)
14th November (2.00pm)
19th November (2.30pm)
28th November (2.00pm)

3rd December (2.30pm)
12th December (2.00pm)
17th December (2.30pm)
26th Dec - no meeting
31st Dec - no meeting



EXERCISE CLUB

Dates for January - April 2025

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

Usually at 2.30 pm on the 1st, 3rd, and 5th Tuesdays,
But always
At 2.00 pm on the 2nd and 4th Thursdays

7th January (2.30pm)
16th January (2.00pm)
21st January (2.30pm)
30th January (2.00pm)

4th February (2.30pm)
13th February (2.00pm)
18th February (2.30pm)
27th February (2.00pm)

4th March (2.30pm)
13th March (2.00pm)
18th March (2.30pm)
27th March (2.00pm)

1st April (2.30pm)
10th April (2.00pm)
15th April (2.30pm)
24th April (2.00pm)
29th April (2.30pm)



EXERCISE CLUB

Dates for May - August 2025

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

Usually at 2.30 pm on the 1st, 3rd, and 5th Tuesdays,
but always
At 2.00 pm on the 2nd and 4th Thursdays

6th May (2.30pm)
15th May (2.00pm)
20th May (2.30pm)
29th May (2.00pm)

3rd June (2.30pm)
12th June (2.00pm)
17th June (2.30pm)
26th June (2.00pm)

1st July (2.30pm)
10th July (2.00pm)
15th July (2.30pm)
24th July (2.00pm)
29th July (2.30pm)

5th August (2.30pm)
14th August (2.00pm)
19th August (2.30pm)
28th August (2.00pm)