



EXERCISE CLUB

Dates for January - April 2026

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

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

6th January (2.00pm)
15th January (2.00pm)
20th January (2.00pm)
29th January (2.00pm)

3rd February (2.00pm)
12th February (2.00pm)
17th February (2.00pm)
26th February (2.00pm)

3rd March (2.00pm)
12th March (2.00pm)
17th March (2.00pm)
26th March (2.00pm)
31st March (2.00pm)

7th April (2.00pm)
16th April (2.00pm)
21st April (2.00pm)
30th April (2.00pm)



EXERCISE CLUB

Dates for September - December 2025

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and
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2nd September (2.00pm)
11th September (2.00pm)
16th September (2.00pm)
25th September (2.00pm)
30th September (2.00pm)

7th October (2.00pm)
16th October (2.00pm)
21st October (2.00pm)
30th October (2.00pm)

4th November (2.00pm)
13th November (2.00pm)
18th November (2.00pm)
27th November (2.00pm)

2nd December (2.00pm)
11th December (2.00pm)
16th December (2.00pm)



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