



EXERCISE CLUB

Dates for May - August 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

5th May (2.00pm)
14th May (2.00pm)
19th May (2.00pm)
28th May (2.00pm)

2nd June (2.00pm)
11th June (2.00pm)
16th June (2.00pm)
25th June (2.00pm)
30th June (2.00pm)

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

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



EXERCISE CLUB

Dates for September - December 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

Please Note: October doesn't follow this pattern as it would clash with another activity.

1st September (2.00pm)
10th September (2.00pm)
15th September (2.00pm)
24th September (2.00pm)
29th September (2.00pm)

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

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

1st December (2.00pm)
10th December (2.00pm)
15th December (2.00pm)