

Active Lifestyles timetable

Offering adults within Wandsworth the chance to increase their physical activity levels

Get your first session FREE

	CLASS	TIME	VENUE	COST
TUES	Pad Work Boxing	10-11am	Battersea Sports Centre, SW11 2DA	£2
	Walking Netball	10:30-11:30am	Tooting Leisure Centre, SW17 ONE	£3.50
	Keep On Moving	10:30-11:30am	The Penfold Centre SW18 4TJ	£5
	Keep Fit For Life	11:45am-12:45pm 1pm-2pm	Tooting Junction Baptist Church, SW17 9LD	£4
WED	Walking Football	11am-12pm	Wandle Recreation Centre, SW18 4DN	Contact us for info
THU	Yoga	9:30-10:30am	Newlands Community Hall SW15 3EP	£3
	Stretch & Movement	10:30-11:30am	Newlands Community Hall, SW15 3EP	£3
	Chi Gung Relax and Breathe	11am-12pm	The Penfold Centre, 1 Neville Gill Close SW18 4TJ	£4
FRI	Tone & Stretch	11am-12pm	Roehampton Methodist Church, SW15 4EB	£4
	Keep On Moving	11:45am-12:45pm 1-2pm	St Barnabas Church, SW18 5EP	£4

Call 02039590033 or email activelifestyles@enablelc.org



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For happy, healthier communities.
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