

Clubs and Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Martell Richards Dance 5:30pm-6:30pm 07708011266</p>	<p>GKR Karate 6:30-8:30pm To book call Emma on 07594 446966</p>	<p>Street Cricket Session for juniors 5.30pm – 7pm Catch 22</p> <p>Free Session</p>	<p>Corrin Eaton MMA Fitness 5pm – 6pm 07925841272</p>	<p>Footstars Soccer Coaching 5pm – 6pm To book call Guy on 07963 560439 or footstarscoaching@gmail.com</p>	<p>Low Impact Circuits 8:45am -9:45am with Hayley 07907915223</p>	<p>Footstars Soccer Coaching 8.30am – 12pm To book call Guy on 079635 60439 or footstarscoaching@gmail.com</p>
<p>Low Impact Circuits 6pm – 7pm with Hayley 07907915223</p>	<p>Lee Martial Arts 7pm-9pm 07378412210</p>	<p>Premier Fives League 7pm – 9pm Contact Mike on 07850 197996</p>	<p>Premier Fives League 7pm – 9pm Contact Mike on 07850 197996</p>	<p>Corrin Eaton MMA Fitness 6pm – 7pm 07925841272</p>	<p>Fight Klub 9.30am – 10.30am www.fightklub ipswich.co.uk/</p>	<p>GKR Karate 10am – 12am To book call Emma on 07594 446966</p>
<p>Premier Fives League 7pm – 9pm Contact Mike on 07850 197996</p>	<p>Monday Self Defence Class The Kombat Lab 5pm – 6pm Juniors 07743759654</p>	<p>Zumba with Sarah 6pm - 7pm</p>		<p>GKR Karate 7:30-9pm To book call Emma on 07594 446966</p>	<p>GKR Karate 11am – 1pm To book call Emma on 07594 446966</p>	
<p>Yoga with Linda 7pm – 8:30pm To book call Linda on 07944 629128</p>	<p>Circuits 7:15pm-8:15pm with Hayley 07907915223</p>	<p>Fight Klub 7pm – 8pm www.fightklub ipswich.co.uk/</p>	<p>Free sessions during term time only. Red – Children & Adult Green –Children Black – Adult only</p>			



JOIN NOW



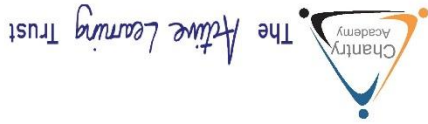
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