

## Week 2

Date	Activity
Wednesday 8 <sup>th</sup> January	<p>Yogalates 10:45 – 11:30 Bury St Edmunds Leisure Centre</p> <p>Body Combat 18:00 – 18:45 Mid Suffolk Leisure Centre, Stowmarket</p>
Thursday 9 <sup>th</sup> January	<p>CxWorx 11- 11:30 Sudbury Kingfisher Leisure Centre</p> <p>HIIT 19:30- 20:15 Studio 1 Leiston Leisure Centre</p>
Friday 10 <sup>th</sup> January	<p>Active Suffolk Fit Village Launch Table Tennis 18:00-21:00 Darsham Village Hall</p> <p>Indoor Cycling 17:45 – 18:00 Brandon Leisure Centre</p>
Saturday 11 <sup>th</sup> January	<p><b>Parkrun of choice:</b> Ipswich, Kesgrave, Felixstowe, Great Cornard, Clare, Haverhill, Brandon, Bury St Edmunds, Lowestoft or Sizewell</p> <p>Starts at 9am To register and to discover details of start location log on to: <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a></p>
Sunday 12 <sup>th</sup> January	<p><b>Great run local:</b> Needham or Holbrook Starts at 9am To register and to discover details of start location log on to: <a href="http://www.greatrunlocal.org/">www.greatrunlocal.org/</a></p> <p>Yoga 9:45 – 11 Hadleigh Pool and Leisure</p>
Monday 13 <sup>th</sup> January	<p>Active Suffolk Fit Village Launch Pilates 19:30 – 20:30 Little Bealings Church</p> <p>Fit and Active 8 – 8:55 Sudbury Kingfisher leisure centre</p> <p>Barbell Class 19:00 – 19:30 Waterlane Leisure Centre Lowestoft</p>
Tuesday 14 <sup>th</sup> January	<p>Body Balance 10:10 – 10:55 Mid Suffolk Leisure Centre, Stowmarket</p>

	Adult Trampolining 10:30 – 11:30 Gainsborough Sports centre, Ipswich
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	Body Attack 18:00 – 19:00 Bury Leisure Centre
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