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