## Week 5

<table>
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<tr>
<th>Date</th>
<th>Activity</th>
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| Wednesday 29th January | Active Suffolk Fit Villages Launch  
Corton Community Room  
Tai Chi – 9:30 – 10:30am  
Seated Yoga – 11 – 12pm  
Yoga – 13:00 – 14:00  
Yogalates  
10:45  
Bury St Edmunds Leisure Centre |
| Thursday 30th January | CxWorx  
11- 11:30  
Sudbury Kingfisher Leisure Centre  
Zumba  
20:00 – 21:00  
Gainsborough Sports Centre, Ipswich |
| Friday 31st January | Indoor Cycling  
17:45 – 18:30  
Brandon Leisure Centre  
Body Conditioning  
18:00 – 19:00  
Northgate Sports Centre, Ipswich |