

Week 5

| Date | Activity |
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| Wednesday 29 th 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 30 th January | CxWorx 11- 11:30 Sudbury Kingfisher Leisure Centre Zumba 20:00 – 21:00 Gainsborough Sports Centre, Ipswich |
| Friday 31 st January | Indoor Cycling 17:45 – 18:30 Brandon Leisure Centre Body Conditioning 18:00 – 19:00 Northgate Sports Centre, Ipswich |