

Armchair Exercise

Crawley timetable

- Gossops Green, St Albans Church Hall
Mondays 9.30-10.15am
- Three Bridges, Randall Schofield
Mondays 1.30-2.00pm
- Tilgate, Holy Trinity Church Hall
Thursdays 9.30-10.15am
- Ifield West, Dobbins Place
Thursdays 2.30-3.15pm

For more information contact
Christel Malham 01293 544144

supported by:

crawley wellbeing

