



# CLASSES

w/c 21<sup>st</sup> Sept

|              |                                                               |
|--------------|---------------------------------------------------------------|
| <b>MON</b>   | Fakeham Gallow 10am /<br>Swaffham Assembly Rms<br>12 or 1pm   |
| <b>TUES</b>  | Swanton Morley V.H.<br>10 or 11am.                            |
| <b>WEDS</b>  | Bawdeswell V.H.<br>10 or 11.30am.                             |
| <b>THURS</b> | Swaffham Assembly Rms 11am /<br>Fakenham Comm. Centre 1.15pm. |
| <b>FRID</b>  | Bawdeswell V.H.<br>10am.                                      |



**FUN ★ FRIENDSHIP ★ FITNESS ★ WELLBEING**