



ADDISON CHAMPIONS WELLBEING SESSIONS

We are restarting our weekly programme of activities online!
From Monday 20 April 2020

MONDAY
2 PM

PILATES

TUESDAY
11 AM

ZUMBA WOMEN ONLY

WEDNESDAY
11 AM

COFFEE MORNING

THURSDAY
11 AM

SHARED READING

FRIDAY
11 AM

PARENTS & BABIES KEEP FIT

Please contact us by email or text if you haven't received your invite to join the sessions or if you need help to download and use Zoom:



nieves@upg.org.uk, 07926 056 446
barbara@upg.org.uk, 07921 404 873

