



# ADDISON CHAMPIONS WELLBEING SESSIONS

Our weekly programme of activities online!

**MONDAY**  
**11 AM**

**COMMUNITY YOGA**

**MONDAY**  
**2 PM**

**PILATES**

**TUESDAY**  
**10 AM**

**ZUMBA WOMEN ONLY**

**WEDNESDAY**  
**11 AM**

**COFFEE MORNING**

**THURSDAY**  
**11 AM**

**SHARED READING**

**FRIDAY**  
**1 PM**

**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:

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