P.A.L.A.C.E

Physical Activity & Lifestyle Advantages for Community Enrichment

FREE OF CHARGE 100% FREE FREE OF CHARGE

FITNESS FOR FAMILIES

Fitness for families is for EVERYBODY

Mums, Dads, Children, Teenagers, Uncles, Aunts

Suitable for Beginners

6 FREE* sessions of Family Games, Competitions, Health & Well Being

PLUS PRIZES, GIVEAWAYS AND FREE T-SHIRT

TO BOOK AND REGISTER YOUR FREE SPACE:
07795 064116 or P.A.L.A.C.E@HOTMAIL.CO.UK

Newham Sixth Form College
(New Vic)
Prince Regents Lane
Plaistow E13 8SG

FREE PARKING

*BOOKING IS ADVISABLE. FIRST COME, FIRST SERVE.
FREE ACTIVITY HOWEVER DONATIONS APPRECIATED

TENNIS:

11:00 to 13:00
MONDAYS 23RD JULY
30TH JULY
6TH AUGUST 2018

BASKETBALL:

11:00 to 13:00
FRIDAYS 27TH JULY
3RD AUGUST
10TH AUGUST 2018

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