

# What's KPCC On at Oval

Autumn 2018

Some of our regular groups

## **Mondays 11 to 12pm**

**Zumba Gold Exercise Class for over 50s**

Contact Joan on 07777 640367 or Dominique on 07985 715792

## **Mondays 7 to 8pm**

**(private booking - Punch Hub)**

## **Tuesdays 6.30 to 7.30pm**

**Zumba Fitness**

Contact: 07714284202

[www.facebook.com/MarcoZumbaInstructor](http://www.facebook.com/MarcoZumbaInstructor)

## **Wednesdays 6 to 8pm**

**Karate with Renshinkai Kazoku**

**For children 6+**

Contact: [kazokurensinkai@gmail.com](mailto:kazokurensinkai@gmail.com)

[www.facebook.com/Kazoku-Renshin-Karate-110046972659721/](http://www.facebook.com/Kazoku-Renshin-Karate-110046972659721/)

## **Thursdays 6.30 to 8.30pm**

**Reco's Fitness & Self-Defence**

Contact: [recos.fitness@gmail.com](mailto:recos.fitness@gmail.com)

## **Saturdays 9 to 10am**

**Yoga classes (in aid of Triangle Adventure Playground)**

## **Saturdays 10 to 11am**

**Reco's Fitness & Self-Defence. Massage Therapy from 10am**

## **Sundays**

**Pierres Vivantes 10am - 1pm; MEU Trompette 2pm - 4pm**

To enquire about daytime bookings during the week and to book social events on Friday evenings and Saturday afternoons and evenings, email [kpccoal@gmail.com](mailto:kpccoal@gmail.com)

We welcome theatre and dance groups rehearsing during the day.

Contact us by email (preferred), through our website, or by phone 0800 776 5587 to find out more!

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[kpccoal.org](http://kpccoal.org)

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0800 776 5587