

# What's KPCC On at Oval

## Spring 2019

Some of our regular activities – there's lots more!

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

### **Mondays 11 to 12pm**

Zumba Gold Exercise Class for over 50s.  
Free (courtesy of funding from Hyde Foundation)  
Contact: Dominique on 07985 715792

### **Mondays 12 to 1pm**

Pilates Nutrition  
£5, first class free, KPE residents free.  
Vacancies.  
Contact: Hernan on 07379048721  
or [pilatesnutritionuk@gmail.com](mailto:pilatesnutritionuk@gmail.com).

### **Mondays 7pm to 10pm**

London Historical Fencing Club  
[londonhistoricalfencing.club](http://londonhistoricalfencing.club)  
[facebook.com/londonhfc](https://www.facebook.com/londonhfc)

### **Tuesdays 12 to 4pm**

Employment Hub – "Safe workspace for young people aged 16+ looking for employment and to attain new skills" [www.activecommunities.org.uk](http://www.activecommunities.org.uk)

### **Tuesdays 5 to 6.30pm**

Active Communities Fitness  
– [www.activecommunities.org.uk](http://www.activecommunities.org.uk)

### **Wednesdays 6 to 8pm**

Karate with Renshinkai Kazoku  
For children 6+  
Contact: [kazokurenshinkai@gmail.com](mailto:kazokurenshinkai@gmail.com)  
[www.facebook.com/Kazoku-Renshin-Karate-110046972659721/](http://www.facebook.com/Kazoku-Renshin-Karate-110046972659721/)

### **Wednesdays 8.15pm to 10.15pm**

London Historical Fencing Club  
[londonhistoricalfencing.club](http://londonhistoricalfencing.club)  
[facebook.com/londonhfc](https://www.facebook.com/londonhfc)

### **Thursdays 7 to 8pm**

Reco's Fitness & Self-Defence  
Contact: [recos.fitness@gmail.com](mailto:recos.fitness@gmail.com)

### **Fridays – 5:30 to 8:30pm**

Youth Hub – "Pool, Videogames and a safe warm place to chill and socialise with friends" [www.activecommunities.org.uk](http://www.activecommunities.org.uk)

### **Saturdays 9 to 10am**

Yoga classes (donations in aid of Triangle Adventure Playground) with [Simona](#).

### **Saturdays 11 to 12pm**

Reco's Fitness & Self-Defence.  
Contact: [recos.fitness@gmail.com](mailto:recos.fitness@gmail.com)

### **Sundays**

Pierres Vivantes 10am – 1pm;  
MEU Trompette 2pm – 4pm

### **Various times**

doTERRA Essential Oils – Soul Scendent Healing  
Contact Louisa for dates and times  
[louisaeyo@yahoo.co.uk](mailto:louisaeyo@yahoo.co.uk) or 07748140163  
[www.mydoterra.com/SoulScent/#!/](http://www.mydoterra.com/SoulScent/#!/)

To enquire about daytime bookings and to book social events at the weekend email [kpccoal@gmail.com](mailto:kpccoal@gmail.com). We welcome theatre and dance groups rehearsing during the day.

**Kennington Park Community Centre**  
8 Harleyford Street, SE11 5SY

**email** [kpccoal@gmail.com](mailto:kpccoal@gmail.com)  
**phone** 0800 776 5587 **web** [kpccoal.org](http://kpccoal.org)