

What's KPCC On at Oval

Summer 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.

29 April to 15 July

Free (courtesy of funding from Hyde Foundation)

Contact: Dominique on 07985 715792/Joan
kpccoal@gmail.com

Mondays 12 to 1pm

Pilates Nutrition

13 May to 15 July

£5, first class free, KPE residents free.

Contact: Hernan on 07379 048721
or pilatesnutritionuk@gmail.com

Mondays 7pm to 10pm

London Historical Fencing Club

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

Wednesdays 6 to 8pm

Karate with Renshinkai Kazoku

For children 6+

Contact: kazokurensinkai@gmail.com
www.facebook.com/Kazoku-Renshin-Karate-110046972659721/

Wednesdays 8.15pm to 10.15pm

London Historical Fencing Club

londonhistoricalfencing.club

[facebook.com/londonhfc](https://www.facebook.com/londonhfc)

Thursdays 7 to 9pm

Prayer meeting (private)

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

Saturdays 9 to 10am

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

Saturdays 11 to 12pm

Reco's Fitness & Self-Defence.

Contact: recos.fitness@gmail.com
(no sessions between 18 May to 27 July)

Sundays

Pierres Vivantes 10am – 1pm;

MEU Trompette 2pm – 4pm

Various times

doTERRA Essential Oils –

Contact Abi or Louisa for dates and times
louisaeyo@yahoo.co.uk or 07748 140163
abi@soul-medicine.co.uk or 07974 981637
www.mydoterra.com/soulmedicine

To enquire about daytime bookings and to book social events at the weekend email 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
phone 0800 776 5587 **web** kpccoal.org