

# What's KPCC On at Oval

## Autumn 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 9.45am to 10.45am**

#### **Pilates Nutrition**

£5, first class free, KPE residents free.

Contact: Hernan 07379 048721

[pilatesnutritionuk@gmail.com](mailto:pilatesnutritionuk@gmail.com)

(from 9 September)

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

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

Free (courtesy of funding from Hyde Foundation)

Contact: Dominique 07985 715792/Joan

[kpccoal@gmail.com](mailto:kpccoal@gmail.com)

(from 9 September)

### **Mondays 7pm to 9pm**

#### **London Historical Fencing Club**

<https://www.facebook.com/londonhfc/>

[londonhfc@gmail.com](mailto:londonhfc@gmail.com)

### **Tuesdays 2pm to 4pm**

#### **Employability Hub** – "Safe workspace for

young people aged 16-24 looking for employment and to attain new

skills" [www.activecommunities.org.uk](http://www.activecommunities.org.uk)

### **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/)

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

#### **London Historical Fencing Club**

<https://www.facebook.com/londonhfc/>

[londonhfc@gmail.com](mailto:londonhfc@gmail.com)

### **Thursdays 5.30 to 7.30pm**

#### **Girlhood Active Empowerment**

females only, age 13-19.

[www.activecommunities.org.uk](http://www.activecommunities.org.uk)

### **Thursdays 7.45 to 9.45pm**

#### **London Historical Fencing Club**

<https://www.facebook.com/londonhfc/>

[londonhfc@gmail.com](mailto:londonhfc@gmail.com)

### **Fridays – 5:30 to 8:30pm**

#### **Youth Hub** – Age 10+. "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](#)

(term time only, from 7 September)

### **Sundays**

Pierres Vivantes 10am – 1pm;

MEU Trompette 2pm – 4pm

### **Various times**

#### **doTERRA Essential Oils** – Contact for

dates and times [abi@soul-medicine.co.uk](mailto:abi@soul-medicine.co.uk)  
07974 981637

[www.mydoterra.com/soulmedicine](http://www.mydoterra.com/soulmedicine)

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 rehearsals.

**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)