

What's On @ KPCC Oval

Spring 2020



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

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

Mondays 9.45 to 10.45am*

Pilates Nutrition

£5, first class free, KPE residents free.

Contact: Hernan 07379 048721

pilatesnutritionuk@gmail.com

Mondays 11am to 12pm*

Zumba Gold Exercise Class - over 50s

Free (courtesy of funding Hyde Foundation)

Contact: Dominique 07985 715792 or Joan

kpccoval@gmail.com

Mondays 5.30 to 6.30pm

Ready Steady Go! - Free healthy lifestyle service for children 7-12 years + their families run by Lambeth Council. For more info and how to apply to join the programme

<https://www.lambeth.gov.uk/ready-steady-go>

13 January to 30 March

Mondays 7pm to 9pm

London Historical Fencing Club

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

londonhfc@gmail.com

Wednesdays 10am to 2pm

Carers4Carers - Fitness and wellbeing programme free to unpaid carers in the community.

<http://www.carers4carers.com/>

26 February to 13 May

term time*

Wednesdays 6 to 8pm

Karate with Renshinkai Kazoku

For children 6+

kazokurenshinkai@gmail.com

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

Thursdays 7.45 to 9.45pm

London Historical Fencing Club

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

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

Saturdays 9 to 10am*

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

Sundays

Pierres Vivantes 10am – 1pm;

MEU Trompette 2pm – 4pm

Various times

doTERRA Essential Oils – Contact for dates and times abi@soul-medicine.co.uk
07974 981637

www.mydoterra.com/soulmedicine

To enquire about daytime bookings and to book social events at the weekend email kpccoval@gmail.com. We welcome theatre and dance groups' rehearsals.

Kennington Park Community Centre
8 Harleyford Street, SE11 5SY

email kpccoval@gmail.com
phone 0800 776 5587 **web** kpccoval.org