



REGION 12 – NORTH EAST LONDON & WEST ESSEX

CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ILFORD
7.30-9pm

Parkside Community
Association, Goodmayes
Ln, IG3 9PP



SENIOR CLASS

CHADWELL HEATH
7-8pm

Robert Clack Leisure
Centre, Gosfield Rd,
RM8 1JU

TOTTENHAM
7-8pm & 8-9.30pm

Kemble Hall,
Kemble Rd,
N17 9UJ



8-9.30pm – SENIOR
CLASS

ROMFORD
6.30-7.30pm &
7.30-8.30pm

YMCA Thamesgateway,
29 Rush Green Road,
RM7 0PH



7.30-8.30pm – 14yrs+

WALTHAMSTOW
10-11am & 11-12pm

Sylvestrian Leisure
Centre, College Place,
E17 3PY

MUSWELL HILL
10-11am & 11-12pm

Coppetts Woods
Primary, Coppetts Rd,
N10 1JS

CHADWELL HEATH
10-11am & 11-12pm

Robert Clack Leisure
Centre, Gosfield Rd,
RM8 1JU



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