



REGION 16 – ESSEX & SUFFOLK

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KESGRAVE 6.30-7.30pm & 7.30-8.30pm Heath Primary School, Bell Ln, IP5 1JG	IPSWICH 6.30-7.30pm & 7.30-8.30pm Handford Hall School, Gateacre Rd, IP1 2LQ	COLCHESTER 7-8pm & 8-9pm St Cedd's Church, Iceni Way, CO2 9EH ↑ 8-9pm – 4 th KYU +	COLCHESTER 6.30-7.30pm & 7.30-8.30pm Queen Boudica School, Cowper Cr, CO4 5XT	IPSWICH 7-8pm & 8-9pm Chantry Academy, Mallard Way, IP2 9HF ↑ 7-8pm – 16yrs+ 8-9pm – Instructors Only	IPSWICH 10-11am & 11-12pm Handford Hall School, Gateacre Rd, IP1 2LQ	SILVER END 10-11am & 11-12pm Silver End Village Hall, Broadway, CM8 3RQ
TIPTREE 6.30-7.30pm & 7.30-8.30pm Tiptree Leisure World, Maypole Rd, CO5 0EW ↑ 7.30-8.30pm TOURNAMENT CLASS	WITHAM 7-8pm & 8-9pm Spring Lodge Comm Ctr, Powers Hall End, CM8 2HE ↑ 7-8pm – 16yrs+ 8-9pm – Instructors Only		IPSWICH 6.30-7.30pm & 7.30-8.30pm Rushmere Hall Primary School, Lanark Rd, IP4 3EJ		MALDON 10.30-11.30am & 11.30-12.30pm Blackwater Leisure Centre, Park Dr, CM9 5UR	IPSWICH 10-11am & 11-12pm Chantry Academy, Mallard Way, IP2 9HF

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