



**ARE YOU AFFECTED BY HOMELESSNESS?
FED UP WITH YOUR SITUATION LIVING IN TEMP ACCOMMODATION?
GET FIT FOR FREE WITH US
SESSIONS ARE ADAPTED TO ALL FITNESS LEVELS**

SUMMER PROGRAMME 2022 OF ACTIVITIES

TUESDAYS 12.30 - 1.30

**MUAY THAI BOXING TRAINING WITH PASCAL
EDINBURGH MEADOWS (SIDE OF TENNIS COURTS)**

WEDNESDAYS 12.30 - 1.30

**CORE AND STRETCH WITH PASCAL
EDINBURGH MEADOWS (SIDE OF TENNIS COURTS)**

**THURSDAY'S GENTLE EXERCISE SESSIONS,
WELL-BEING WALKS, GROUP TRIPS AND ACTIVITIES
VARIOUS TIMES/MEETING PLACES (MONTHLY)**

FRIDAYS 12.30 - 1.30

**BOXERCISE WITH SOPHIE
EDINBURGH MEADOWS (SIDE OF TENNIS COURTS)**

CONTACT

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