

Fitness With Friends

Fun filled dance style fitness class for the mature and retired.
Plus time to make new friends over a well earned cuppa!

ALL CLASSES £6 (includes refreshments)

MONDAYS

BEXLEY 10:30am-12:00pm

St John The Evangelist Hall, Parkhill Road, Bexley DA5 1HX

Free Parking / Bus Routes: 132 229 269

SIDCUP 1:45pm-3:15pm

St John's Church Hall, Church Road, Sidcup DA14 6HX

Free Parking / Bus Routes: 51 233 321 492 821

WEDNESDAYS

WILMINGTON 10:30am-12:00pm

Wilmington Memorial Hall, 96 High Road, Dartford DA2 7DW

Parking available / Bus Route: 477

JOYDENS WOOD 1:00pm-2:30pm

Joydens Wood Community Centre, Birchwood Drive, DA2 7NE

Free parking / Bus Route: 812

THURSDAYS

HEXTABLE 10:30am-12:00pm

St Peter's Church, College Road, Swanley BR8 7RL

Free parking / Bus Route: 477 476 412

GRAVESEND 10:30am-12:00pm

St George's Church Hall, Gravesend, DA11 0GG

Free parking / Bus route: FASTBACK 490

ISTEAD RISE 1:30pm-3:00pm

Istead Rise Memorial Hall, Lewis Road, Istead Rise, Gravesend DA13 9JQ

Parking available / Bus Routes: 306 416



The People's Dance Company - supported by The Princess Trust

www.thepoplesdancecompany.co.uk

Contact Bebie to reserve your place

Phone: 01793 972799 / Email: bebie@thepoplesdancecompany.co.uk

