

FREE WORKSHOPS

The Crescent, 100 Minories, London, EC3N 1JY

25th & 26th September

Schedule:

Monday 25th September 12:30pm - 1:15pm	Design your own tote sports bag	<u>Sign Up</u>
Monday 25th September 5:30pm - 6:15pm	Padel coaching by DAVOR Padel	<u>Sign up</u>
Monday 25th September 7:30pm - 8:15pm	Belly zumba	<u>Sign up</u>
Tuesday 26th September 8:00am - 8:45am	Pilates by TEN Health and Fitness	<u>Sign up</u>
Tuesday 26th September 12:30pm - 1:15pm	Fitness	Coming soon

Any donations for attending the workshops will be going to the The Lord Mayor's Appeal. Suggest donation: £10 per person per workshop.





Charities supported by The Lord Mayor's Appeal:











These events are running alongside Central London Alliance's attempt at breaking a GUINNESS WORLD RECORD™ title - the Longest Marathon Playing Padel





