

Parkview

Community Champions

Programme



Wednesday's

Yoga

10:30 - 11:30

Free



designed to help your mental and physical well being



Zumba

11:30-12:30

£1 per session



Buggy Walk

12:00 - 13:00

Free

Aimed at new and expectant parents



Massage

13:00 - 18:00

Takes place every **3rd**

Wednesday of the month

£10 employed/£5 unemployed

Booking essential



All sessions are at **White City Community Centre, India Way, W12 7QT**

If you need any further information please contact

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