



REGION 16 – ESSEX & SUFFOLK

# CLASS TIMETABLE

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

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PH:07530 756 634

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