



COME AND JOIN US....

Improve fitness, minds and your local green space. It's free and no experience is needed. Thursdays 10am - 12pm, refreshments after.

08/01/26: Lindfield Common Black Hill -
meet at the car park on the corner of
Backwoods Lane.

15/01/26: Bedelands, Burgess Hill - meet at
Leylands Park, RH15 8DL

22/01/26: Ashplats, East Grinstead - meet
at Stirling Way, RH19 3HG

29/01/26: Blunts Wood, Haywards Heath -
meet at the car park, end of Blunts Wood
Crescent, RH16 1NE

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