



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.

05/02/26: Beech Hurst Gardens, Haywards Heath - meet on the lawn by the kiosk cafe.

12/02/26: St Johns, Burgess Hill - meet by the central roundabout flowerbeds.

19/02/26: Blunts Wood, Haywards Heath - meet at the car park, end of Blunts Wood Crescent, RH16 1NE.

26/02/26: Ashplats, East Grinstead - meet at Stirling Way, RH19 3HG

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