



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.

05/03/26: Beech Hurst Gardens, Haywards Heath - meet on the lawn by the kiosk cafe.

12/03/26: Victoria Park, Haywards Heath - meet by the entrance off South Road, by the bollards.

19/03/26: Bedelands, Burgess Hill - meet at Leylands Car Park, off Maple Drive, RH15 8DL

26/03/26: Ashplats, East Grinstead - meet at Stirling Way, RH19 3HG

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