

Upcoming Sessions

Sessions take place every Thursday, 2pm-3pm,
starting from Thursday 22nd January.

Health Checks

Thursday 19th February

Thursday 5th March

Thursday 19th March

Thursday 2nd April

Thursday 16th April

Thursday 30th April

Thursday 14th May

Thursday 28th May

Thursday 11th June

Thursday 25th June

Chair-based Exercises

Thursday 26th February

Thursday 26th March

Thursday 23rd April

Thursday 21st May

Thursday 18th June

Park Walks

Thursday 12th February

Thursday 12th March

Thursday 9th April

Thursday 7th May

Thursday 4th June

Thursday 2nd July

Newham Community Renewal Programme Ltd. Registered in England and Wales as a charity (275796)