

ACTION ACTON WELLBEING CENTRE

FOR PEOPLE WHO DON'T NORMALLY DO EXERCISE!

NOW FREE !!!!!

From the 1st October - £1 a session or £5 month for unlimited use.

Mondays
(1pm-2pm) *(2pm-5pm)*

WOMENS ONLY SESSION

Open session

Wednesdays

(3pm-7pm)

Fridays

(3pm-5pm)

Open session

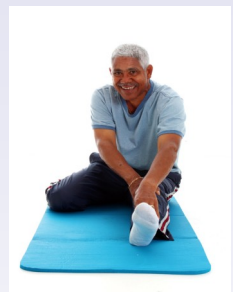
Open session

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ACTION ACTON WELLBEING CENTRE

118 Hardy Court, off Bollo Bridge Road, Acton, W3 8DD



For Information & Bookings:

Mobile: 07505 122 482 (Open Hours)

Tel: 020-8993-9605 (Out of Hours)

wellbeing@actionacton.com

