

FIT FRIDAY



A FREE WOMEN ONLY FITNESS GROUP

Get motivated by joining Fit Friday! Open to anyone looking to get more active, learn different sporting skills and have fun. All abilities welcome.

DATE & TIME

Every Friday afternoon, 1-2pm,
starting on Friday 1st March

LOCATION

The Greenhouse Centre
88 Bell Street
London NW1 6SP

If you are interested in taking part, please contact Yvonne via **0207 616 8586** or **community@mcc.org.uk**
Alternatively feel free to drop in.

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THE HOME OF CRICKET


**Greenhouse
Sports**