

# WEST ESSEX PANTHERS

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**WHAT**  
BASKETBALL  
TRAINING FOR U8,  
U10 AND U12



**WHEN**  
EVERY OTHER  
SUNDAY



**WHERE**  
NEW CITY FITNESS:  
EPPING FOREST  
WELLNESS CENTRE  
IG103SA



**WHY**  
JOIN SOMETHING  
MORE THAN JUST A  
BASKETBALL TEAM