



MON
ALPHAMSTONE
VILLAGE HALL

THURS
MAPLESTEAD
VILLAGE
HALL

- ◆ CORE STRENGTH
- ◆ STABILITY & BALANCE
- ◆ SHAPE & TONE
- ◆ RELIEVES STRESS & TENSION
- ◆ FLEXIBILITY



ONE TO ONE CLASSES
ALSO AVAILABLE

PHONE TO ENROL
SPACES LIMITED

SUITABLE FOR ALL
AGES AND ABILITIES

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