



This week at...

Virtual Village Hall

MON 3RD AUG	12pm	Pilates with April
TUES 4TH AUG	12:30pm	Guided Meditation with Max
WED 5TH AUG	10am 11am 12:30pm 2:30pm 4:30pm	Dance Fusion with Sophie Make Time to Realign Your Posture with Jo HIIT Workout with Andy Fit Steps with Jo Mindful Mobility Pilates with Kerry
THU 6TH AUG	10am 12:30pm 1:30pm 2:30pm	Chair Burlesque with The Crystal Blossom Sisters Sit Fit with Frances Parkinson's Seated Dance Class with Johanna Yoga for Beginners with Dave
FRI 7TH AUG	12:30pm	Chair Yoga for Movement Disorders and Health Conditions with Yanar

Scan the QR code to follow our page and join in with our free sessions LIVE!

