

£8

per class
or if booked
termly £6



FREESTYLE FITNESS YOGA

Freestyle Fitness Yoga is a fitness based class to improve strength, flexibility and balance using yoga style moves. The class focuses on improving physical fitness rather than meditation

Tuesdays 10.30am - 11.30am

Thursdays 8.30pm - 9.30pm

**Carrot Wood, Higham Lane, Tonbridge
TN11 9QX SPORTS HALL**

Age 16+

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Lucy's fitness
TONBRIDGE