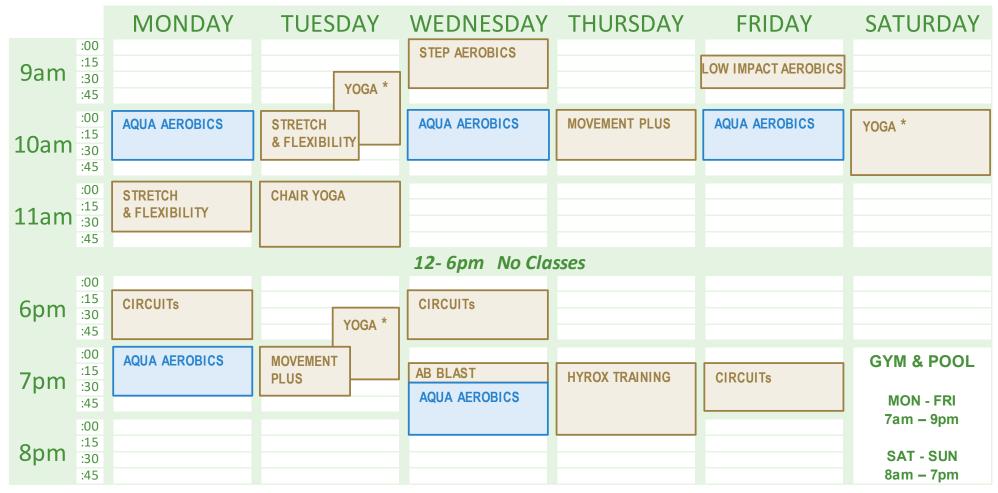


## Fitness Class Timetable – Autumn/Winter

Our classes are all about feeling good – inside and out.

You'll move, laugh and connect with others.

Join a community that supports you and makes fitness something to look forward to.



<sup>\*</sup> Yoga with Karen Ann (external) separate fee applies. For further information please contact: info@karenannyoga.com or tel. 087 467 5377, www.karenannyoga.com