

BOXERCISE with Jason Challis



Fun medium intensity full body workout

Improve coordination, mobility & cardiovascular ability

Adaptable to suit all levels of ability

WHEN

Saturdays

10:30-11:30am

How much?

£3 per class

Call Dyane: 0794 779 8685 or Jayne: 0203 069 7401

WHERE

The Cabin

(just in front of Balfron Tower)

82 St Leonards Rd, E14 0QU



CONSORTIUM50