ALL STRONG

APRIL TIMETABLE

Monday	Legs, Bums & Tums	1830-1900	Claire
	Sleeping Yoga	2000-2030	Sophie
Tuesday	Beginner's Step	1730-1800	Caitlin
Wednesday	Strength & Fitness Fusion	945-1015	Chrystal
Thursday	Sunrise Yoga	730-800	Pavlina
Saturday	Bodyweight Exercise Class	1030-1100	Jess , Andy &
NORTH INCH PARK	Walk, Talk, Jog	1115-1200	All Strong Team
Sunday	Mindfulness Creative Workshop	1000-1100	Katie

*11th & 25th

Free FOR PERTH & KINROSS

www.scotlandallstrong.com