

YOGA CLASSES

Suitable for all abilities



Castle Hedingham Memorial Hall
Mondays 10.00am-11.30am

Great Maplestead Village Hall
Tuesdays 10.00am-11.30am

Castle Hedingham Memorial Hall
Fridays 9.30am-11.00am

£6.50 per class
Contact: Tory Ashworth
07751 911923

