



Terri Bryant - Autumn 2020 - Part 1
20 The Smithy, Denmead, Hampshire, PO7 6YS Tel: 023 9224 1764 Mobile: 078 5484 8201
e-mail: terribryant@btinternet.com Website: www.bodyfocus.org.uk



Gentle Chair Exercise

<p>St Mary's Church Hall Church Road HAYLING ISLAND PO11 ONT Wednesday 11 am - 12 noon £5 per session *Block pay £30</p>	<p>Church on the Green ROWLANDS CASTLE PO9 6AD Thursday 10 - 11 am £5 per session *Block pay £25 Strength and Balance Class</p>	<p>All Saints Church Hall, Hambledon Road, DENMEAD PO7 6NN Friday 2 - 3 pm £5 per session *Block pay £25</p>
<p>Weds 9 September Weds 16 September Weds 23 September Weds 30 September Weds 7 October Weds 14 October Weds 21 October - NC Weds 28 October</p>	<p>Thurs 10 September - NC Thurs 17 September Thurs 24 September Thurs 1 October Thurs 8 October Thurs 15 October Thurs 22 October - NC Thurs 29 October</p>	<p>Fri 11 September - NC Fri 18 September Fri 25 September Fri 2 October Fri 9 October Fri 16 October Fri 23 October - NC Fri 30 October</p>

PLEASE BOOK YOUR PLACE

*Block pay in advance and get 1 class free (min 4 paid classes). Missed classes cannot be refunded, however, any class missed through illness may be carried forward. Please make any cheques payable to T. Bryant.

NC = No CLASS