



Terri Bryant - Spring 2021 - 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



Breathe-A-Gain Pulmonary Rehabilitation Maintenance Classes

All Saints Church Hall Hambledon Road DENMEAD PO7 6NN Mondays 11.30am - 12.30pm £5 per session or block pay £25*	Church on the Green The Green ROWLANDS CASTLE PO9 6AD Thursdays 12 - 1 pm £5 per session or block pay £25*
Mon 4 January Mon 11 January Mon 18 January Mon 25 January Mon 1 February Mon 8 February	Thurs 7 January Thurs 14 January Thurs 21 January Thurs 28 January Thurs 4 February Thurs 11 February

PLEASE BOOK YOUR PLACE

*Block pay in advance and get 1 class free (min 4 paid classes). No payment required for classes if holiday known at the time of paying. Any class missed through illness may be carried forward. Please make any cheques payable to T. Bryant.

NC = No CLASS