



The Regis **BIG EVENT**

Saturday 2nd March

FREE classes 11.30am-3pm

Come along and join in our FREE taster classes in the studio

11.30-11.55am Beginners Yoga with Sarah D

12-12.30pm Yoga with Serge

12.35-1.05pm 70+ Yoga with Serge

1.10-1.40pm Beginner's fitness with Georgie

1.50-2.20pm Low impact aerobics with Laura

2.30-3pm Zumba with Laura

First come, first serve basis, classes are limited to 20 spaces per class.



freedomleisure
where you matter