



Join Ang for a dynamic, fun and challenging class where we don't seek or demand perfection. We practice focus, integrity of movement and build strength of mind, body and intention.

Always a welcoming environment for people at any stage of their journey. A good level of fitness is needed.



Schedule;

Monday 9.15am Shipton u Wychwood
Monday 5.30pm Tadmarton Village Hall
Thursday 9.30 Ila Spa Gagingwell
Friday 9.30am Shipton u Wychwood

Contact

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