

Vinyasa Flow-Core Strength with Sam

Tuesdays September 3rd – October 22nd 6.15-7.15pm



A strong vinyasa flow class that focuses on strength, stamina and endurance. If you want to be fitter and stronger then this is the class for you!

Dates: Tuesdays September 3rd – October 22nd (8 sessions)

Time: 6.15-7.15pm

Cost: £80

[Please book here](#)

You can start anytime during the module and pay for the remaining sessions.

For more information please email sammyclair@hotmail.co.uk