

Vinyasa Flow – Intermediate with Sam

Tuesdays February 25th – March 31st, 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 February 25th – March 31st (6 sessions)

Time: 6.15-7.15pm

Cost: £60

Booking: Please [click here](#) for booking page

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

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