

yoga classes (5 GBP)

Location

South East, West Sussex<https://www.freeadsz.co.uk/x-424290-z>

Yoga classes for all abilities and ages to improve health, strengthen and tone the body, release stress and become more relaxed. Group classes in Burgess Hill on Mondays 2.00-3.30pm and 7.00-8.30pm. Free parking. Small classes. Teacher is BWY trained, fully insured and has taught yoga for 10 years.;



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