

Eden Blue Open Day of Free Tasters (07 GBP)



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-482641-z>



We are holding an Open Day on Saturday 7th January 2017, with classes and workshops running throughout the day. If you would like to attend any sessions, please call or send an email confirming which class you would like to join? Please invite any friends or family members who might be interested too. All sessions are free and last approximately 30 minutes each. Please wear appropriate clothing and if you are joining any of the music workshops, please bring your own musical instrument. You can join up to 3 classes on the day (Subject to spaces) Open Day Taster Classes - Saturday 7th January Timetable

9.30am - 10.00am - Yoga

10.10am-10.40am - Pilates

10.50am - 11.20am - Dynamic Flow Yoga

11.30am-12.00pm - Wu Tai Chi

12.10pm-12.40pm - Eden Blue Choir

12.50pm-1.20pm - Belly Dancing

1.30pm-2.00pm - Zumba

2.10pm-2.40pm - Ukulele Group

2.50pm-3.20pm - Folk Orchestra

3.30pm-4.00pm - African Drumming

4.10pm-4.40pm - French.



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