



Family Fitness

Come along & get moving | Fitness for the whole family

Fun family games, efficient full body and cardio dance workout to live music

Date: Every Monday (Starting 15th Jan 2018)

Time: 5:30pm - 6:30pm

Cost: £3 per session or 10 sessions for £20

FREE for all children under 16

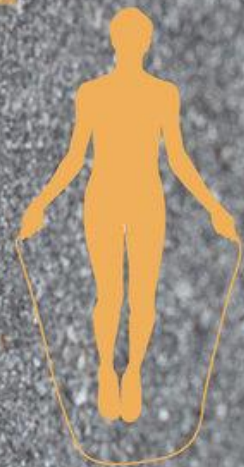
Venue: Park View School, Langham Road, Tottenham, London N15 3RB

For more info or to book your place:

Email: info@hrsportsacademy.co.uk

Online: www.hrsportsacademy.co.uk

Call: 07903107217



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