

Monday Morning Movement

We've just had a fun filled assembly with the children of JYS, demonstrtating a new club that will be starting after Easter.

**It's the perfect start to the week for every child!
A fun and exciting fitness class that will help build core strength, balance and confidence all while focussing the mind ready for the week ahead.**

This hybrid yoga/fitness class is designed to help everyone of any ability be the strongest and best version of themselves!

**Sessions will be on Monday from 7:45-8:30am
£55 per child per term for 10 sessions
Payment to be made before the first session of each term**

**For more info or how to book on -
Email: info@jigsawfitnessuk.com
Haydn: 07474697538 Lucy: 07766334313
facebook: JigsawFitnessUK**

