

CONNECT. MOVE. ENJOY YOU

True Movement in London with
Beverly Carter



Date: Wednesday 13th of December
Start Times: 12.30pm & 5.30pm
Cost: £10 class
Class: 45 mins True Movement with optional 15 mins Stretch at end of class
Location: West Works, 201 Wood Lane, London, W12 7TS

Please wear: Comfortable clothes, supportive exercise footwear and your smile
Please bring: Your own means of hydration & exercise mat only if participating in Stretch
For bookings please contact Amina Tumi: amina@hairandbeautybydesign.co.uk; 07738 517931



Beverly Carter – It's Time to Shine

True Wellbeing & Care for Your Body

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