



FREEDOM FLOW
FITNESS

Freedom Flow Fitness

Class	Location	Day	Time	£
S&B	Berrington Court, Kidderminster	Mon	10-11am	5
Tai Chi	Berrington Court, Kidderminster	Mon	11:15am-12:15pm	5
Tai Chi	Adams House, Kidderminster	Mon	1-2pm	5
S&B	Carter Court, Kidderminster	Tue	9:30-10:30am	5*
S&B	Hume St Medical, Kidderminster	Tue	11:15am-12:15pm	5
S&B	Blakedown Parish Rooms	Tue	2:30-3:30pm	5*
S&B	Stourport Sports Centre	Wed	10:30-11:30am	5
S&B	Holy Innocence, Foley Park	Wed	1:30-2:30pm	5
S&B	Holy Innocence, Foley Park	Wed	3-4pm	5
Tai Chi	Drumart House, Cookley	Thu	11:30am-12:30pm	5
S&B	Berrington Court, Kidderminster	Fri	10-11am	5
S&B	Purcell House, Kidderminster	Fri	11:30am-12:30pm	5
S&B	Arch Hill Court, Kidderminster	Fri	2:15-3:15pm	5*

S&B = Strength & Balance | = *includes refreshments**

All exercises adaptable for all abilities

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