

8TH MARCH

International Women's Day

OPEN DAY



Empowering women. Inspiring change.

Join us for an Open Day dedicated to the incredible women in our community. Whether you're curious about the reformer or want to learn more about navigating menopause, our doors are open to you.



Reformer Pilates

Try a **FREE** taster sessions
booking essential:

9:15am
10:15am
11:15am
12:00pm
12:45pm
1:30pm

Special Menopause talk

with: www.healthybe.co.uk

12:00pm - 1:00pm (£10)

Join us for an insightful session on managing "the change" through movement and wellness.

We'll also be featuring **Tropic Skincare**

Feel free to pop by, browse, and give it a try.

