

EnAble at ASV



Body and Mind Wellbeing Class

Tuesday's
13.00-14.00

Aberdeen Sports Village
£3.00 per session



Build your confidence with this beginner's class! Open to all abilities and covers a variety of different class styles.

Please contact us if you have any questions or wish to book: 01224 438900 or info@aberdeensportsvillage.com

aberdeensportsvillage.com/EnAble



Drop in for this class is available however spaces are limited so pre booking is advised (01224 438900).