

# Keep Fit Thursdays

## Details

### Description

Would you like to take part in weekly Zoom fitness sessions? Let Maya take you through a range of different exercise techniques to improve your fitness, health and wellbeing, all from the comfort of your home. Contact Maya to book.

### Date

03 December 2020

### Start Time

17:00

### End Time

18:00

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## Costs

### Costs

Free

## Event Repeats

### Repeats

There are currently no upcoming scheduled repeats

## Venue Information

### Address 1

Online - Zoom

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