

Kyle

Seated Mobility

Jan - March 2025



Kyle Village Hall



10.30-11.30am

In-person seated mobility sessions with Kate.

WEDNESDAY 15TH JANUARY

WEDNESDAY 22ND JANUARY

WEDNESDAY 29TH JANUARY

WEDNESDAY 12TH FEBRUARY

WEDNESDAY 5TH MARCH

WEDNESDAY 12TH MARCH

WEDNESDAY 19TH MARCH

WEDNESDAY 26TH MARCH



Kate@myself-management.org



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