

2025

ONLINE CLASSES

- TUESDAY MORNINGS
- STARTING 28 JANUARY
- MORE INFORMATION AND BOOKING FORM EARLY JANUARY

STAY FIT -
ENJOY MOVEMENT

COMING
SOON!

MMM FOR PLEASURE
AND HEALTH

- GENERAL CLASSES FOR EVERYONE
- MMM EXERCISES
- BASIC TO ORANGE LEVELS
- TAUGHT BY GILLIAN

MARGARET MORRIS MOVEMENT
INTERNATIONAL LTD

