

ENERGISE

By Activ8 Health & Fitness



Follow On Sessions

DAY	VENUE	TIME	INSTRUCTOR
Tuesday	Splash	18:50 - 19:20	Amanda
Wednesday	IB Leisure	10:30 - 11:00	Lee
Thursday	Billingham Forum	10:35 - 11:00	Sarah

Session Information

30 min Weigh In / Topic / Q+A & Peer Support

If you have any questions regarding these follow on sessions please contact the Tees Active Health team on 01642 526740