



KANGOO CLASSES

HAVE FUN GETTING FIT



BURN UP TO 1200 KCAL/HOUR
80% LESS IMPACT ON THE JOINTS
IMPROVE ENDURANCE, BALANCE, CO-ORDINATION



Mondays: Barking and Dagenham college, RM7 0XU, 7:15pm & 8:15pm
Tuesdays & Thursdays: Cranbrook Primary School, IG1 3PS, 7:30pm & 8:30pm
Wednesdays: Jo Richardson School/Castle Green, RM9 4UN, 7:30am & 8:30pm
Fridays: YMCA Romford, RM7 0PH, 7:15pm and 8:15pm

**6£/pp
booking
is required**



Narci Laban



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