

Grace & Strength

Ladies' Fitness and Faith Day

7th October 2023

Programme:

9.15-9.45am	Arrivals, Introduction
10am	Stretching
10.30am	Refreshments
10.45am	Dancemix Workout
11.30am	Break
12.15pm	Inspirational talk
1.15pm	Lunch
	Free time
3.30pm	Afternoon drinks
4pm	Pilates
4.45pm	Ab blast (20 mins)
	Cool-down session