

# 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

