

Day	Class	Arrival time	Price
Monday	YOGA	10:45am	£6
	YOGA	1:pm	£6
	PILATES	6:pm	£6
Tuesday	KIRKCALDY DANCE	11:am	£7
	KIDS DANCE CLASS	4:15pm	£5
Wednesday	BABY TALK& SIGN SESSIONS	11:00am	Block booking
Thursday	GROOVEaROO	10:30am & 1pm	Block booking
	KIRKCALDY DANCE	7:pm & 8pm	£7
Friday	BABY SENSORY SESSIONS	10:15am	Block booking
Saturday	YOGA	10:45am	£6
Sunday	BURLESQUE	9:am & 10am	£5

www.mutchmoreactive.com 

CALL: 07921 385510 kids welcome to AM classes only

EMAIL: mutchmoreactive@gmail.com

B S T = bodyweight suspended training (TRX based)

REBOUND = trampoline with core session

Multi use halls available for rent - Unit 6 Hayfield Business Park, Kirkcaldy, KY2 5DH

Early morning / late-night or weekend shape-up times available

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