

Fitness Class for Adults

A whole body workout, open to people of all abilities

Participants: Adults 18+

> Open to MINT and forensic service users under the care of West London NHS Trust and adults seeking support with their mental health

Every Tuesday Date.

Time: 14.00 - 15.00

Community Stadium Hub Location:

Underwood House, 1A Thomas Layton Way

London TW8 0SB

Activities for children under 5 available



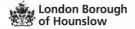




For more information, please contact: health@brentfordfccst.com

Just turn up and join in!





brentfordfccst.com









