

Day	Class	Arrival time	Price
Monday	YOGA PILATES	10:45am 6:pm	£6 £6
Tuesday	KIRKCALDY DANCE	11:am	£7
Thursday	GROOVEaROO KIRKCALDY DANCE	10:30am 7:pm & 8:pm	Starts on 18 <sup>th</sup> Aug £7
Wednesday	KIDS DANCE CLASS	4:15pm	£5
Friday	BABY SENSORY SESSIONS MANDALABABY	10:15am – 1pm 2pm-4pm	Block booking Block booking
Saturday	YOGA	10:30am	£6
Sunday	BURLESQUE	10am	£5

[www.mutchmoreactive.com](http://www.mutchmoreactive.com) 

**CALL: 07921 385510 kids welcome to AM classes**

**EMAIL: [mutchmoreactive@gmail.com](mailto: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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