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# JUST 4 MEN

## FREE EXERCISE CLASS with Bobbie

At Scratchley Hall, 81 Brigstock Road, Thornton Heath, CR7 7JH

Every week back by popular demand!  
Starting Monday 4<sup>th</sup> November 2019  
11.15am to 12.15pm.



For further information:

Telephone 020 8683 7100

Email - [aukc@AgeUKCroydon.org.uk](mailto:aukc@AgeUKCroydon.org.uk)

Or Bobbie - [bobbie@movementtherapy.co.uk](mailto:bobbie@movementtherapy.co.uk)