



EVENT SCHEDULE

moretown

MORE INFO



AUG

Tuesday 25th - Thursday 27th August
Body Composition Analysis Day with Raph

SEPT

Tuesday 28th & Wednesday 29th September
Yoga with Christina & Mobility Reset with Fiona

OCT

Tuesday 27th - Thursday 29th October
Open Spa Recovery Day

NOV

Tuesday 24th & Thursday 26th November
HYROX Team Challenge

DEC

Date TBC - December
Wellness MOT / Seminar from Fiona



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