



Morning CHAMPIONS

10 week introductory course*

AT HALSTEAD AND WITHAM

The Morning Champions programme from Fusion is aimed at combating social isolation and men's physical and mental health, through exercise and mindful practices.

TUESDAY MORNINGS AT HALSTEAD

Holistic Warriors 7.30-8.20am

Mindful Champions 8.30-9.20am

WEDNESDAY MORNINGS AT WITHAM

Holistic Warriors 7.30-8.20am

Mindful Champions 8.30-9.20am



Book now
via the app



HOSTED BY FUSION INSTRUCTOR **EDDY SACKKEY**

PARTICIPATION FREE VIA REFERRAL.

FUSION MEMBERS – £3.00 Pay as you go.

Contact reception for more details.

*Introductory course starts 5th March at Halstead and 6th March at Witham.

