

# LYNNETTE BOLTON

GATEWAY  
24/7

Corporate Wellness for EVERYbody and Mind



***- Monday Mornings – 7:30 – 8:30 am –***

***- Wednesday Lunchtime - 12.50 – 1.30pm –***

***MARTIAL ARTS / SELF DEFENCE / FITNESS / FUN***

***All fitness levels welcome, please bring a water bottle and a towel***

breathe in  
train hard  
breathe out

