

AN INTRODUCTION TO GYMNASTICS AT

CFLDN

GYMS

A 90 MINUTE WORKSHOP INTRODUCING YOU TO THE THREE CORE CLASSES CROSSFIT LONDON OFFER COVERING ALL ASPECTS OF GYMNASTICS.

Gymnastics Strength — Laying the foundations from which all gymnastic and all physical pursuits are built. Developing all round body strength, stamina and coordination to aid in learning basic to advanced skills.



Hand Balancing — Focusing on turning your world upside down and building the body awareness and control to perfect the handstand and beyond.



Tumbling — From forward rolls to double backflips, tumbling focusses on introducing and developing acrobatic skills and movement patterns.



SATURDAY 30th MARCH AT 2PM-3:30PM

SPACES ARE LIMITED

£5 PER PERSON — BOOK IN VIA EVENTBEE

ID: 108974921