

Don't Tone Alone 1- 1 Training and Coaching

08

Jan

⊙ All Day

📍 Online.

1-TO-1 TRAINING AND COACHING

Take control of your habits around exercise, nutrition, and mindfulness by accessing weekly sessions with your very own Don't Tone Alone CIC trainer. When purchased, you will be contacted for a consultation, and then put in contact with a trainer, tailored to suit your needs.

Organiser and Contact Details

Organiser

Richmond Carers

Website

<https://www.donttonealone.co.uk/shop/exercise-classes>

Costs

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£55

Event Repeats

Repeats

This event repeats on the following dates:

- 17Apr
- 18Apr
- 19Apr
- 20Apr
- 21Apr
- 22Apr
- 23Apr
- 24Apr

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Don't Tone Alone 1- 1 Training and Coaching' took place on 08 January 2021.