



Thursday 7th January 2021



Dance

Today we are going to continue to develop our core and gross muscle strength.

Yoga- Tallulah the Owlet

https://www.youtube.com/watch?v=2aje33UPixE&t=0s&list=PLpIUdQvguN8oBcTcC90rAPDa8_hXm4GGu&index=14