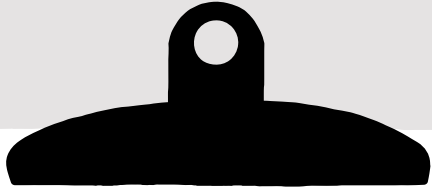


Class Newsletter



Hi,

I hope you're having a wonderful summer!

Here's Aug/Sept newsletter with all the updates to take us into Autumn! 🍂

Take a look and reach out if you have any questions!

**Feel free to contact me anytime on
07947910071 or
hello@charlottebrawn.com**

Charlotte xx

ONLINE SESSIONS

If you haven't downloaded the Simplero app to access online workouts that simply follow the steps below or come see me at class:

1. Go to you app store on phone or tablet
2. Search for & download the SIMPLERO app
3. Log in with your email and password (contact me if you don't know this)
4. Select the area and workouts you'd like to do at home

You can also access online content by logging in at www.charlottebrawn.com



CLASS CHANGES

✨ SEPTEMBER TIMETABLE UPDATE ✨

from 8th September 2025

- 📌 Monday morning classes will be back at Sandy Scout HQ
- 📌 Wednesdays morning classes with stay at Sandy Roundabout Club
- 📌 NEW Yoga classes start on Monday evenings at Mill Lane Pavilion, Potton.

*see overleaf for the September 2025
Timetable*

Reminder IMPORTANT DATES & REMINDERS

Classes are not be running on the dates below:

- **Monday 25th August 2025 - Friday 5th September 2025**

You will still be able to access online sessions & I will create an online timetable to follow if you wish to keep your practice going outside while classes aren't running.

PTO for September 2025 Timetable