

FREE CLASSES

Fully funded by LLW:



Update: 9th September 2017.

Unfortunately our current funding has come to an end. We are actively following up on new funding leads, so please check this page periodically for updates😊

If you are concerned about your symptoms, you may want to consider one on one personal training to address these issues. Sadly this is not funded by Live Well please contact Kathryn @ Bactive on 021 228 4831 for details if you would like to discuss your suitability for Personal Training.