

xyla

Part of Acacium Group



There's an upcoming group on the



Venue:



Date:



Time:

Sessions take place on the same day and time each week and will cover a range of different topics. This will include healthy eating, physical exercise and long-term behaviour change classes, to help you build a healthier lifestyle.

If this date and time suits you then you can head to our website to refer and book your sessions:



Or you can contact us for more information:



xylaservices.com