



# Lumba & Children A' Loud

*Presents our first ever*

## SPRING into fitness

**Help us raise funds for our own premises!**

**When:** 21 September 2019

**Where:** The Zone Fitness Muizenberg

**Time:** 12:00- 1:30

**Cost:** R50

**LIMITED AMOUNT OF TICKETS!**

Please contact Renee or Tamlin to purchase your ticket

Renee Smith [info@childrenaloud.co.za](mailto:info@childrenaloud.co.za) Tamlin Klein [tamlins86@gmail.com](mailto:tamlins86@gmail.com)