

FREE LADIES FITNESS CLASS



FREE Ladies

Fitness class, starts
22nd May 7:35pm
Fridays at Auckland Hall,
Smiths Wood.

Paul Webb
07534404515













Location **West Midlands, Warwickshire**
<https://www.freeadsz.co.uk/x-165847-z>



FREE LADIES FITNESS CLASS, A free ladies fitness class. Based at Auckland Hall Smiths Wood.The class includes an All Over Body Circuit, Skipping, Core Work and Boxing Padwork., Birmingham,.

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