KickFit Martial Arts inspired fitness class (7 GBP)
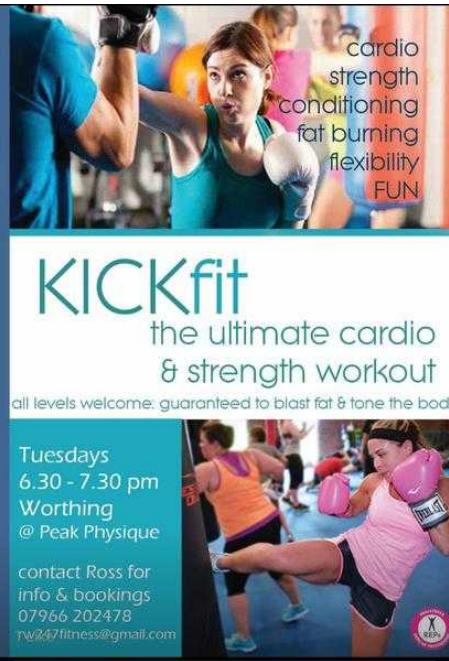
Location **South East, West Sussex**
https://www.freeadsz.co.uk/x-248657-z

KickFit at Peak Physique Martial Arts inspired firness classes. Loose weight, increase all round fitness, gain strength, flexibilty, self confidence, improve posture and build your innerG! Sessions use pads, punch bags, body weight and gym equipment, learn self defence skills and enjoy the full body workout as you train with Black Belt and fully Reps qualified Instructor. All fitness levels welcome to come and enjoy training in a safe and friendly environment! ;