


KickFit Martial Arts inspired fitness class (7 GBP)



cardio
strength
conditioning
fat burning
flexibility
FUN


KICKfit

the ultimate cardio
& strength workout

all levels welcome. guaranteed to blast fat & tone the body

Tuesdays
6.30 - 7.30 pm
Worthing
@ Peak Physique

contact Ross for
info & bookings
07966 202478
russ247fitness@gmail.com



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-248657-z>



KickFit at Peak Physique Martial Arts inspired fitness classes. Loose weight, increase all round fitness, gain strength, flexibility, 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! ;



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