


# 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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