

K2Bfit Classes



K2Bfit Timetable

K2Bfit
 K2BfitKirsty
 K2Bfit
 Unlimited classes for just £40 per month!
 07808856774 | www.k2bfit.co.uk | kirsty@k2bfit.co.uk

Day	Time	Class	Venue	Price
Monday	9.30 - 10.15am	Beginners Insanity	Cross in Hand Village Hall	£5
	6.30 - 7.15pm	PiYo	Horam Village Hall	£5
	7.15 - 8pm	Boot Camp	Horam Village Hall	£5
Wednesday	9.30 - 10.15am	Kettle Core	Five Ashes Village Hall	£5
	6.30 - 7.15pm	Insanity	Cross in Hand Village Hall	£5
	7.15 - 7.30pm	Spring Slim Down	Cross in Hand Village Hall	£3
	7.30 - 8.15pm	Kettle Core	Cross in Hand Village Hall	£5
Thursday	7.30 - 8.15pm	Kettle Core	Five Ashes Village Hall	£5
Saturday	9 - 9.30am	Jogging for all	Millennium Green (By Co-op)	FREE

NEW Kettle Core is a kettlebell based workout that tones and sculpts your body as well as strengthening your core.
PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

Insanity is a high-intensity total-body interval training. Prepare to shatter your limits with challenging drills and explosive moves that will help you get in the best shape of your life—no matter where you're starting from.

Boot Camp is a class which uses various training systems to work the whole body using functional movements.

Jogging for all is a class for all abilities, we will be jogging through the woods so old trainers are a must!

NEW Spring Slim Down measurements and weigh ins, as well as nutrition advice and 24-7 support from our trainers.



BOOT CAMP

Jogging for all

KETTLE CORE



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-269904-z>

NEW class timetable starts Monday 29th February 2016! No need to book just turn up. If you have any questions please feel free to.



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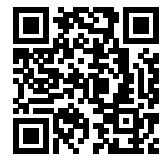
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