

# 1 FIT CLUB. GROUP CIRCUIT SESSIONS RUNNING WEEKLY

## LEVEL 10 FIT CLUB

BE THE BEST VERSION OF YOU

Group Circuit Sessions





Wednesday Evenings 7pm  
Saturday Mornings 9am

All fitness levels welcome  
Bring a water bottle  
and a friend

To register your interest text  
FIT CLUB and your name to  
31-Z

Location

<https://www.freeadsz.co.uk/x-296431-z>

South East, West Sussex

Our aim is to build a fit club community where people of all abilities can come and not only benefit from a quality group fitness session run by Ex-Royal Marines but also apply quality nutrition to boost their results. We cater for ALL levels of fitness and all we ask is you give it your all. We look forward to seeing!



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