

## 1 FIT CLUB. GROUP CIRCUIT SESSIONS RUNNING WEEKLY



South East, West Sussex Location https://www.freeadsz.co.uk/x-319129-z



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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