

Strike Fit Fitness class (5 GBP)



Location

East of England, Cambridgeshire

<https://www.freeadsz.co.uk/x-320658-z>



Exciting new indoor fitness class, Strike fit improves your fitness with a combination of a full body workout using pads and gloves improve your confidence tone up and make new friends! Start your fitness Journey today with Combat Strike Fit Fitness Class! Combat Strike Fit! A 50-minute fitness class combining boxing padwork, bodyweight exercises, interval and circuit training using TRX, Kettlebells, Battle rope and much more! Improve Strength, Speed, Flexibility, and Endurance Learn to punch, kick, slip, duck and control your body movement using focus pads held by a partner. Sessions are different each week! £5 pay as you go or £20 a month! Classes: EVERY Thursdays at 7.30pm at the Pilate Studio,

Vitas Business Centre

4 Dobson Way

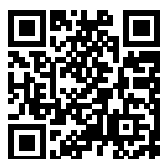
Boongate

Fengate Contact us to book your place! Limited spaces available! Every Thursdays 7.30pm ;



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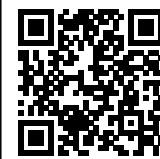
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