

# No 121 The Grove - Personal Training, Indoor Cycling amp Fitness classes

N<sup>o</sup>121  
THE GROVE

Location  
<https://www.freeadsz.co.uk/x-371447-z>

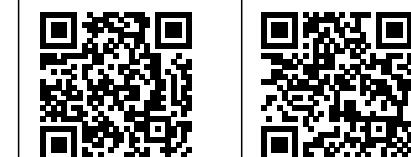
South East, Kent



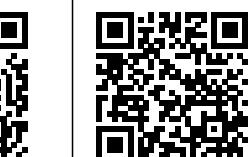
At No 121 The Grove we offer fitness classes on a pay as you go basis, so no expensive membership fees to pay! We have block booking discounts available so if you attend more than two classes a week you make a saving & get free classes! Our classes are Indoor Cycling, T3 Blast (HIIT Class) Bootcamp, Bokwa Punch & Strike & Abtastic. All classes are a maximum of 10 participants so that the classes are small & friendly. Our spin bikes over look the Grove Park, the only spin room in the area with a view!!! Classes start from as little as £2! Personal Training sessions are £25 per hour, with block booking discounts also available. Why not do a combination of PT sessions & classes to get a bigger discount! No 121 The Grove is based at the Gore Court Cricket Club, Key Street, Sityngbourne, Kent, ME10 1YT. For more details please visit our website at [www.no-121thegrove.co](http://www.no-121thegrove.co)



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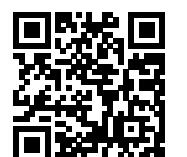
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