

KONGA Fitness is coming to a venue near you (5 GBP)



Location **East of England, Hertfordshire**
<https://www.freeadsz.co.uk/x-376411-z>



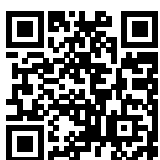
KONGA is a fantastic fitness classes whether you're an avid gym bunny or have no co-ordination at all!! KONGA is a fusion of Boxing, Cardio, Toning, Dance and much more!! It's such a fun classes, you can't help but enjoy yourself, even though you'll be sweating!

Classes are held at the following:

Mondays - Abbotsfield Boys School, Clifton Gdns, Hillingdon - 8-9pm

Thursdays - Hilltop Community Centre, Crest Rd, High Wycombe - 8-9pm ** FROM 14TH JULY ONWARDS

Saturdays - Charville Community Centre, Charville Ln, Hayes - 9-10am ** FROM 16TH JULY ONWARDS
 BOOKING IS ESSENTIAL, CALL 07928574901 079285749...(click to reveal full phone number) TO BOOK OR FOR MORE.



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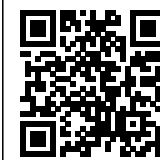
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