

The Sweat Squad Bootcamp



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-393881-z>



Crowboroughs latest Fitness Bootcamp is here! It will be run every Sunday at 9:30am (please arrive ten minutes early) from Assassins Gym in Crowborough, starting July the 24th!

It's structured in four week cycles so that there is an end goal, with each week focusing on a different element of fitness such as strength, cardio endurance, power and so!



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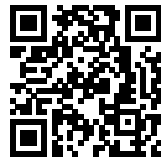
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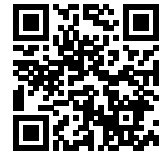
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