

# 1-2-1 personal training and group workouts



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-395275-z>

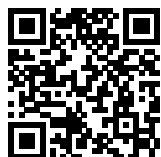


Compass Physical Training is an East Sussex based personal training business. Whether you want to lose weight and tone, increase muscle strength or just simply improve fitness, we have the solution for you. Compass offers regular group workout classes in Lewes and across East Sussex, along with one-to-one personal training. Our classes and sessions are always varied and use a combination of training methods including HIIT workouts, gym based boxing conditions and much more! Group sessions start from £5 per session, 1-2-1 sessions from £15. First sessions are free of!



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