

Apex Bootcamp (6 GBP)



Location

South East, Berkshire

<https://www.freeadsz.co.uk/x-405061-z>



Join Apex Bootcamps for our all weather, year round, outdoor group fitness classes. Get your exercise done for the day in a fast and furious 45 minutes. Classes run every Tuesday and Thursday in Eastrop Park, Basingstoke, at 7.00am - 7.45am. Please arrive at the main car park meeting point 10 minutes early. Fun partner and team exercises will push you harder - you'll burn calories and shape your body with a smile on your face. What could be better? Your first trial session is free of charge so what have you got to loose? Exercises are tailored to all fitness levels and abilities. ;



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