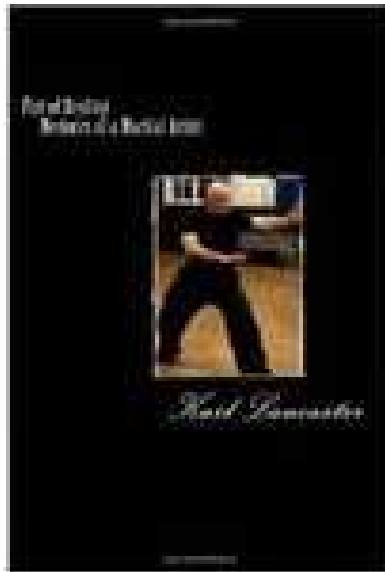


# Personal Training



Location **London, London**  
<https://www.freeadsz.co.uk/x-411292-z>



Time for results cover Zones 1 - 6 Offering: 1 - 1 Personal training sessions  
 1 - 1 Boxercise

Buddy up sessions for 1 - 4 people at discounted rates

Group classes

Fit - to - be - tied ( weight-loss wedding packages )

Home fitness plans

Weight-loss and healthy well-being shop All at affordable prices and suitable for all levels of fitness.

We are currently offering new clients ONLY £10 off their first booking. Which includes 30 minute consultation & 1-hour training session. Offer valid until 30th September. [www.time4results.co.uk](http://www.time4results.co.uk) To apply discount please go to: Online booking Personal training session When making booking in notes section put: FridayAd Any questions feel free to contact.



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