











# Personal Trainer and Group Workouts Lewes.



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-413226-z>

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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