

# Bootcamp, Stonehouse Community Centre Tuesday 6pm



Location

South West, Gloucestershire

<https://www.freeadsz.co.uk/x-483676-z>

Stonehouse Community Centre

FROM 10th JANUARY 2017 - Tuesday 6-6:40pm

Suitable for all levels including beginners work at a level suitable to your fitness.

There is an alternative HIIT workout for those wanting a harder workout - work harder and rest longer.

Total of 40 minutes including the warm up, cool down & stretching.

Pay as you go. £5 per session or £25 for 6 session card [www.stonehousefitness.co](http://www.stonehousefitness.co)

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