

2 Fit Camp - All Levels, 18yrs (2 GBP)



Location **South East, Surrey**
<https://www.freeadsz.co.uk/x-502632-z>



This is not a gym or regular fitness class, it's a community! For just £2 per session, you get a high intensity interval training workout suitable for all levels of fitness to the latest music hits, useful daily nutrition tips for best results, meet new friends, have a laugh and it all ends off with a delicious, low calorie protein shake and mini social time. Between 20-40 people attend regularly at the Woking sessions and 15-25 regularly attend the Guildford sessions, and it's been that way for over a year now.... because it's that awesome! COME AND TRY ONE SESSION FOR FREE.
 Message us for more details and the registration link ASAP, we're running out of space!
 PS. Every new registration gets a free healthy breakfast.



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