FreeAdsZ.co.uk

Cobra Fit

Location **East Midlands, Leicestershire**
https://www.freeadsz.co.uk/x-370175-z

CobraFIT® …….. Have you been bitten?
What is CobraFIT®?
• CobraFIT® is the latest European exercise craze taking the market by storm.
• An exercise routine based upon High Intensity Interval Resistance Training system.
• Caters for all levels of fitness and strength in a single session.
• Burns approximately 1,000 calories per 60 minute session.
• Safe yet effective.
But CobraFIT is more than just a workout. Its all about the right workout in combination with the right nutrition to get you into the best shape of your life.
Each CobraFIT client goes through a personalised body analysis so that we can assess the correct protein levels, hydration and other key factors that will help to boost your metabolism and trend you towards lean muscle. Class Schedule: Monday's 7-45pm Hinckley Methodist Church Albert Road Hinckley LE10 1PL Places are limited so booking is essential. 07748 662020 07748 6620...(click to reveal full phone number) ;

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