

Women039s Combative Fitness Class - First Trial Lesson Free

Combative




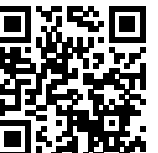








Fitness Class

Location **West Midlands, Warwickshire**
<https://www.freeadsz.co.uk/x-408855-z>



Are you interested in getting fit, losing weight while learning boxing & kickboxing in a women's only environment? Including being taught by a Female Instructor? Class Time: 17:30-18:30 and will continue every Friday Location: Planet Dance Studios, Vulcan Road, Solihull, B91 2 JY. Class will include: • Learning Boxing & Kickboxing combatives through fitness drills & pad work-outs with lots of cardio to help burn fat & tone up! • Build strength through core exercise training • Increase fitness levels drastically due to the continuous movement/ cardio drills You will also receive a nutritional plan when you join to help you get the body you want if you want! This class is only £20 a month, that's as little as £4 a lesson For more information, Contact Cassie on 07791295861 077912958...(click to reveal full phone number) or email click to contact or contact Ade on 07814446526 078144465...(click to reveal full phone number) or Steve on 07956595224 079565952...(click to reveal full phone)

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