



# PERSONAL TRAINER BRIGHTON&HOVE (25 GBP)






**HD COACHING**  
FOOTBALL & FITNESS TRAINING



**FOOTBALL TRAINING**  
Skills Training  
Football Rules  
Positional Training  
Football Formations



**FITNESS TRAINING**  
Gaining Weight  
Building Muscle  
Keeping fit  
Losing Weight

**Huseyin Sayan**

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✉ [hdcoaching10@gmail.com](mailto:hdcoaching10@gmail.com)

🌐 [www.hdcoaching.co.uk](http://www.hdcoaching.co.uk)

Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-555828-z>

Experienced freelance personal training,affordable and quality.I specialise in getting the best out of u to achieve goals.The sessions are fun and rewarding.I worked as a personal trainer for gyms and football clubs.I look forward to working out with:)

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