

A FULL BODY WORKOUT IN 30 MINUTES & 24 HOURS OF FAT BURNING!

BODYWEIGHT exercises, HIIT & Tabata Style

WOMEN'S CLASSES THURSDAY 6PM - 6.30PM

- WORK HARD
- BOOST YOUR METABOLISM
- MUSCLE TONING
- FEEL GOOD
- MAKE NEW FRIENDS

**GAIN
MENTAL
STRENGTH**



ST. JOSEPH'S PRIMARY SCHOOL SPORTS HALL,
RIGBY STREET, PRESTON, PR1 5XL

CONTACT ZARINAH 07496024464

Pay on the day, or reserve a 6 week slot.

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