

FIGHTING MOVES 2 FUNKY GROOVES



FIT2FITE

SUMMER SIZZLER

Sunday 12th June 2016

**FUN & FITNESS WITH THE FIT2FITE FAMILY FEEL!
WITH GUEST INSTRUCTOR ROSS MATHIEU!**

Time: 9am-2pm | Cost: £15 (£20 on the door)

FIT2FITE CLASSES:

- **Fighting Moves To Summer Grooves**
- **Super 7 Circuits (Body Weight Only)**
- **Muscular Strength & Endurance**
- **Pilates / Yoga Fusion**
- **Fighting Moves To Funky Grooves**

VENUE:

**Barking Abbey Sports Centre
Woodbridge Road
Barking
Essex
IG11 9ET**

Local Premier Inn, Travelodge & IBIS hotels from £20

Plus World Class Demos & Special Guests!

See www.fit2fite.com or email info@fit2fite.com for more information

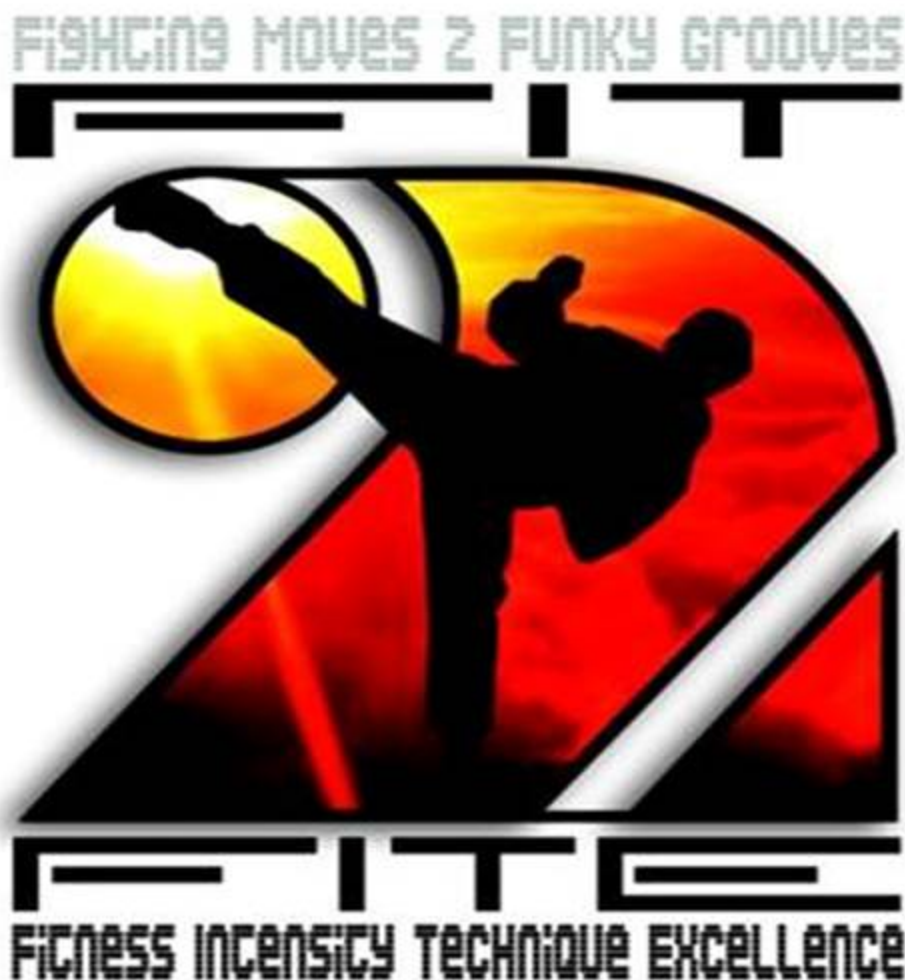


www.3ness.com

This event is sponsored by 3NESS Luxury Fitness Weekenders



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ADDITIONAL INFORMATION

Registration: 8:45am | First Class: 9:15am | Final Class: 1:15pm

Bookings:

Online: www.bookwhen.com/fit2fite

BACS: S/C: 402527 | A/N: 52280981 | Reference: F2FSS5

Call: 07957650634 or 07917834164 for more information
www.fit2fite.com | info@fit2fite.com

FIT2FITE MERCHANDISE AVAILABLE ON THE DAY

The last event was SOLD OUT!
Book early to avoid disappointment

No refunds unless event is cancelled



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