

We run fitness classes for the general public whether they are an athlete in the making or have never exercised before.

Our classes give our participants an all-over body workout using boxing techniques from England Box Instructors.

All exercises are modified according to ability, age and level of fitness - classes are designed to take your fitness to another level whatever your level!

WHEN: Mondays 6.00-7.00pm
Fridays 5.30-6.30pm

WHERE: All Saints Church Hall, Kempston Rural

FEE: 6 weeks (1 session per week) £24
6 weeks (2 sessions per week) £40
Just turn up - £5 per session.

WHO: All welcome

