



Community Fitness
KIDS FITNESS CLASS

**ONLY
£5
Per Class**

 **CAPE ADVENTURE PLAYGROUND**

After school fun fitness classes designed as the perfect introduction to fitness. Gain self-awareness body confidence, skills, techniques & fitness being part of a fun team

SERVICE
box fit & boxing
agility
cardio
strength & condition
resistance workouts
group workouts

3.45pm - 4.45

EVERY THURSDAYS

AGE 6-12

Crouch Hill, London N8 9EG

£ 5 PER CLASS

£15 FOR THE MONTH



contact jaz on 07380422817 or Email info.masefitness@gmail.com