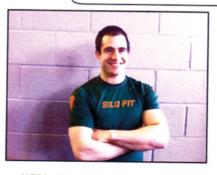
Siio Fithoss



GROUP EXERCISE CLASSES!

YOGA, BODYPUMP, BODY-COMBAT, HIIT TRAINING



- BEGINNERS
 WELCOME
- BRING A
 FRIEND
- FRIENDLY
 ATMOSPHERE

- NEED SOME MOTIVATION?
- · Fun and friendly exercise for all ages and abilities
- · No need to participate you can simply watch
- · Free class vouchers and class demos
- Just turn up!
- · See website for latest timetable

