



FITNESS & MARTIAL ARTS CLASSES

GROUP FITNESS

TAEKWON-DO

BOXING FITNESS

“ I have always felt supported to achieve my goals. Ash welcomes all fitness levels and modifies activities accordingly. There are plenty of fitness sessions to choose from with a variety of exercises to keep me motivated.

Deanne

“ A great range of classes and time slots to fit into my busy lifestyle. A positive and motivational trainer who listens to the needs and wants of clients and tailor-made classes to match.

Louise

