

Circuit Training

Details

Description

Come and improve your fitness with us in this outdoor circuit training session. Take part in combinations of different exercises with short rest periods in between which are designed to get you moving and build your strength.

Maximum 15 people.

This is a face to face session taking place in our outdoor classroom at Lansbury Spotlight – spaces are extremely limited, book here to secure your space!

Date

01 April 2021

Start Time

14:00

End Time

16:00

Costs

Costs

Free
11-19 years old

Event Repeats

Repeats

There are currently no upcoming scheduled repeats

Venue Information

Address 1

Lansbury Centre
