

OPEN DAY @ WORKHOUSE FITNESS ON SAT 26TH JAN. FREE CLASSES ALL MORNING- 09.15 PILATES, 10.00 AEROBICS, 10.00 SPINNING, 10.30 STRONG, 11.00 SUSPENSION CIRCUIT. ALSO FREE GYM PASS, INCLUDING SAUNA AND SHOWERS. SEE OUR NEW IMPROVED GYM BASED HIIT CIRCUIT AND OUR BRAND NEW SPEEDFLEX EQUIPMENT.

**H.I.I.T.
CIRCUIT**

77 20:04

Studio

