



Fitness and Nutrition

Launching at Freckenham Village Hall

On 17th of June.

6AM-7AM

Monday and Wednesday's

£5 pay as you for one month! Then monthly membership or £7 pay as you go until available slots are full.

Version isnt just a fitness class it is much much more!

- Small group personal training sessions
 - Suitable for all fitness levels
 - Progressive and functional
 - Nutritional and lifestyle advice
 - Goal setting
 - Small changes become good habits
- Become the Best Version of You!**

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