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Airborne Fit

Wednesday: 09:45–10:45



Every Wednesday 09:45am-10.45am Moving through a series of exercise stations and HIIT workouts, you will be pushed to your limit, building strength and stamina whilst improving overall fitness.

Classes give a full body workout and are intended to be a rigorous, but members are encouraged to work at their own pace, making these classes accessible to all – there is no judgement and everyone is welcome.

Location

Millennium Jubilee Hall
Millennium Way
Kesgrave
Suffolk
IP5 2EN

Contact

01473 527 414

Mon-Fri 06:00 - 21:00 Sat/Sun 07:00 - 13:00

enquiries@airbornefit.com

Further Details

www.airbornefit.com/classes

Location: Millennium Jubilee Hall - IP5 2EN