

- [Kesgrave Community Website](#)
- [A-Z](#)
- [Clubs](#)
- [Club Timetable](#)
- [Venue Timetable](#)
- Details

Bootcamp

Wednesday: 18:00–19:00

Introduction

It's time to torch fat, get fit and enjoy an outdoor workout to loud music. Each class puts you through mobility stretches, a weekly fitness challenge with full body workout and cool down. Sessions are suitable for anyone, not matter what your fitness level is!

To attend register online on the website.

Location

-  **Grange Meadow (by the Farmhouse Pub), Kesgrave IP5 2GA**

Contact

-  **James Colchester**
-  **07522 007 002**
-  13FitnessUK@gmail.com
-  [@13FitnessUK](#)
-  www.13fitnessuk.com/bootcamps

Last updated: 16 February 2022

Location: Grange Meadow - IP5 2GA