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## **MetaFit**

Saturday: 07:30–08:00



30 minute, non choreographed, bodyweight only HIIT workout.

Its tough, that's why it gets results! Created by a former Royal Marine Commando, Metafit™ combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire!

### **Location**

Millennium Sports Ground, Millennium Way, Kesgrave IP5 2EN

### **Contact**

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Last updated: 04 January 2020

Location: Millennium Sports Ground - IP5 2EN