

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

MetaFit

Thursday: 18:30–19:00



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 Jubilee Hall, Millennium Way, Kesgrave IP5 2EN

Contact

Angela Hope

07801 892713

angela@hopefitness.co.uk

[@hopefitnessuk](#)

www.hopefitness.co.uk

Last updated: 04 January 2020

Location: Millennium Jubilee Hall - IP5 2EN