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Outdoor Fitness

Tuesday: 09:30–10:30



The original Hope Fitness class. The hour long classes currently run four times a week on Grange Farm in Kesgrave, providing an all over body workout with the added benefit of all of the above. The classes run outside whatever the weather and are suitable for all shapes, sizes, ages and fitness levels.

Location

Grange Meadow, The Farmhouse, Kesgrave IP5 2GA

Contact

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Last updated: 04 January 2020

Location: Grange Meadow - IP5 2GA