



BOOTCAMP WITH LEEANN

Starting Monday 15th Nov

Join us for a 30 minute circuit
followed by a bit of time for you to
stretch, chat, unwind and chill out

SESSION ARE £2 PER PERSON
BOOK ONLINE AT
[WWW.FITCAP.CO.UK/WEEKLY-
ACTIVITIES](http://WWW.FITCAP.CO.UK/WEEKLY-ACTIVITIES)
OR TURN UP ON THE DAY

CONNECTION CHURCH CENTRE, KINGSHURST,
B37 6NP

Every Monday 6pm - 7pm

