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TRAINING SOLUTIONS

WOMEN ONLY BOOTCAMP

- Kettlebells
- Bulgarian Bag training
- Strength training
- Flexibility
- Endurance & cardio training

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All equipment provided

FIRST SESSION FREE

Dulwich Park

every Monday, Wednesday, Friday 9:30am

- Mixed ability
- Beginners welcome
- Dog & baby friendly

Bring this flyer along to claim your first free session!



www.bodyfittrainingsolutions.com

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