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Image of ladies working out

Sign up today
3 Months Free*

Confidence

is to j

Empowerment

Community

Strength

Testimonials

Picture of smiling woman

Picture of smiling woman

What's Going On





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Classes

Picture of smiling woman



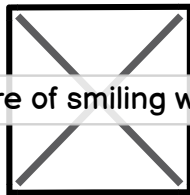
Picture of smiling woman



Picture of smiling woman



Picture of smiling woman



Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7					
7-8					
8-9					





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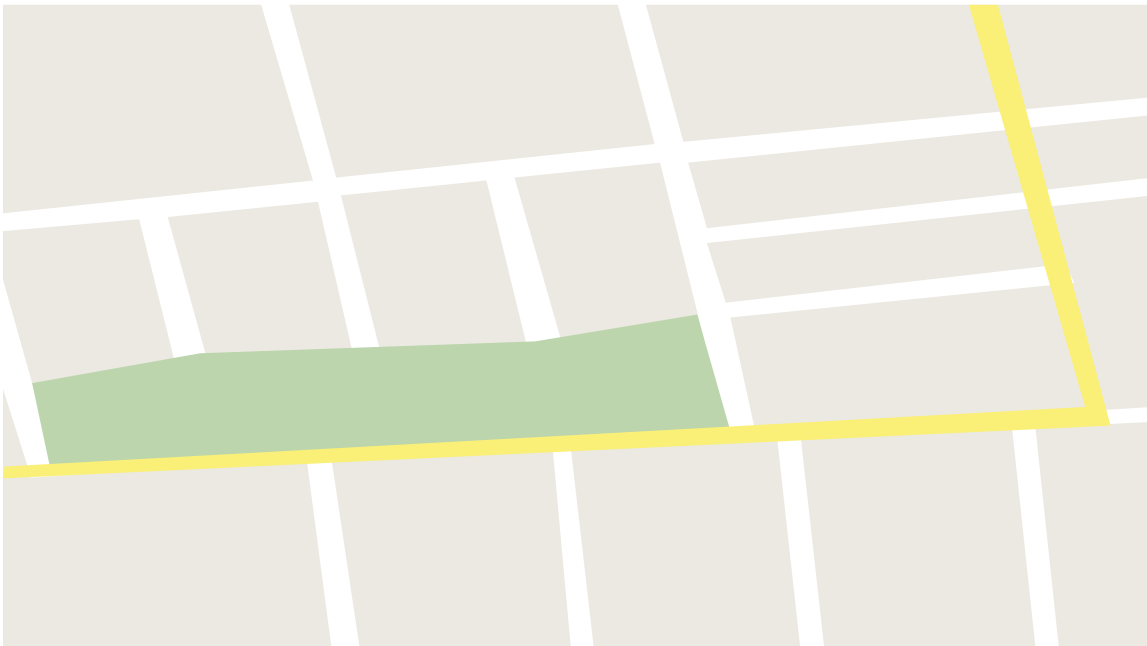
Contact

Phone

Email

Address

Opening Hours





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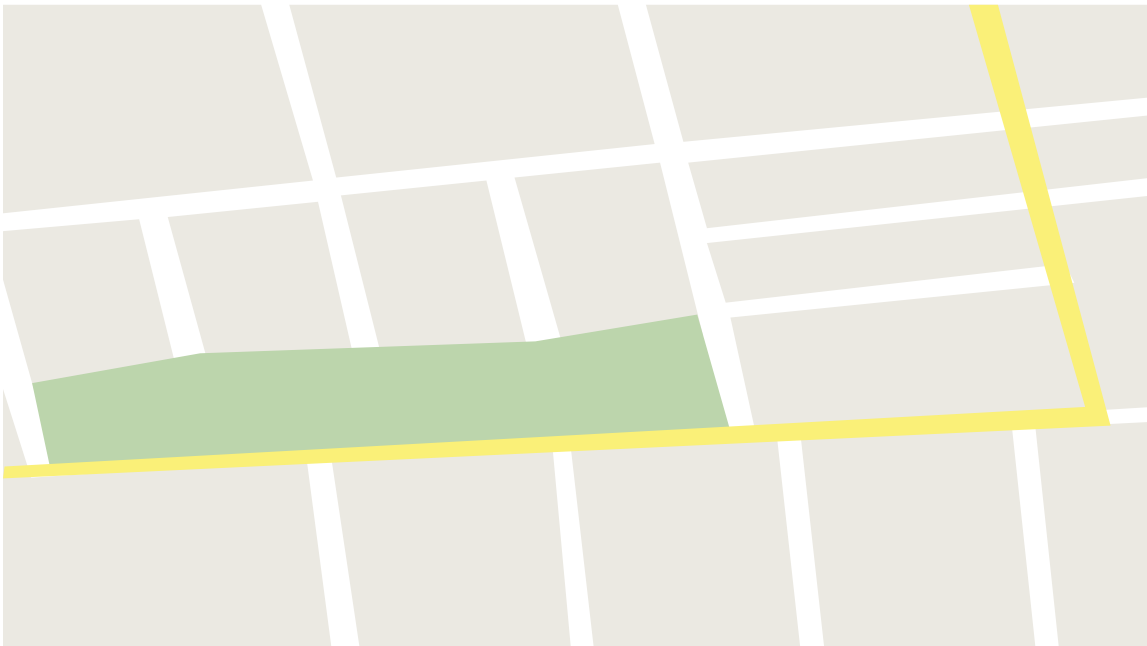
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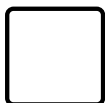
09:52 AM



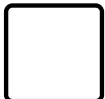
Image of ladies working out

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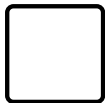
Reasons to join us



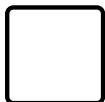
Confidence



Positivity



Community



Community



Image of Strong Woman

Testimonials



09:52 AM



Image of ladies working out

Sign up today
3 Months Free*

Image of group exercise

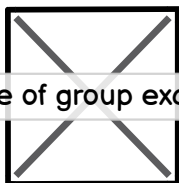


Image of Yoga / Pilates



Strength & Conditioning



Cardio & Fitness



One Coach



09:52 AM



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Opening Hours

Get in Touch :
Phone Number:
Email Address

