

KN Fitness Logo

Core Message

(image of gym facility with some capacity added)

Who are we?

types of training

strength training? rock?

other things of interest, shop class

shop class

Featured Product

(new whey powder / focus on change to bars etc?)

(new product, basic nutritional info)  
(based on image and focus on focus)  
"the only whey?"

Current week timetable

monday classes

tuesday classes

wednesday classes

(image of gym studio, with some capacity added)  
thursday classes

friday classes

saturday classes

opening times

mon  
tues  
wed  
thurs  
fri  
sat  
sun  
bank hols

prices

adult  
junior  
student  
over 65s  
joint  
family

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