

KN Fitness - Newport's Place of Fitness

KN Fitness Logo

ServicesProducts(7)TimetableContact

Core Message regarding the facility.

image of gym facility, with some opacity added or glass effect

Who are we?

type of training 2

strength training? rocks?

type of training 1

shop/cafe

other things of benefit, shop/cafe "homemade" goods

crossfitting

changing rooms & parking

yoga

covid-19 stuff

Featured Product

new whey powder/flavour - change to bars etc?

new product, basic nutritional state
brand on image and focus on flavour
"the only whey?"

Current week timetable

monday classes

tuesday classes

wednesday classes

thursday classes

friday classes

saturday classes

image of gym studio, with some opacity added

opening times

mon

tues

wed

thurs

fri

sat

sun

bank hols

prices

adult

junior

student

over 60s

joint

family

Membership enquires & contact

get in touch!

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location