

F3 THE CROSSWAYS



ALFOLD BOOT CAMP

Men's HIIT style workout group for ages 18+

A big mix of ages and fitness levels

More than just a workout, come get to know a great group of local guys and build a community

- 5.30 am every Tuesday, Thursday and Saturday at Alfold Sports
- Coffee and a chat after
- Deliberately early so you can workout and then get on with the rest of your day

**ALWAYS
FREE**

Get in touch to find out more



#F3thecrossways



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