



**HAVE FUN WHILST WORKING OUT**

**A NON COMPETITIVE SPORT**

**CHILDREN NEED LOTS OF EXERCISE!**

**BELONG TO A SQUAD**



**FACEBOOK**

# **KIDS HIIT WORKOUTS YEARS 3-6**

**AUTUMN TERM STARTING 6 SEPT 21**

**MONDAYS  
8AM - 8.45AM  
MAIN HALL**

**£8.50 PER CLASS (PAID IN ADVANCE  
PER TERM) T-SHIRTS £10**

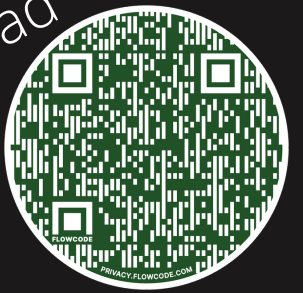
**FOR BOOKING DETAILS, EMAIL:  
HELLO@THEFHIITSQUAD.CO.UK**

**THE FHIIT SQUAD  
PUTTING THE FUN BACK INTO FITNESS!**

**INSTAGRAM**



**@thefhiitsquad**



**WEBSITE**

**www.thefhiitsquad.co.uk**