

CLASS PASS

MARTIAL ARTS



GET INTO KNOCKOUT SHAPE

LES MILLS
BODYCOMBAT

JOIN US!

We're so excited you're here! Taking the first step is the hardest part, but you're in great hands. If it's your first time, all you need to bring is yourself! Just introduce yourself to your instructor and they will get you set up for class. Enjoy your workout!

NAME:

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EMAIL:

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PHONE:

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ADDRESS:

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OFFER DETAILS:

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Working out together works wonders. Read more about the effect that working out in a group can have on your fitness goals by visiting lesmills.com/smartstart

**Restrictions may apply.
See front desk for details.**

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www.lesmills.com/bodycombat

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