



## #BreakingRecords Fitness - Bookings Website

Welcome to our Booking page for all of our services, here you'll find our bookings for PAYG Fitness Classes that we run on a weekly basis as well as one off events and Strength and Conditioning Courses/Workshops that are taking place.

Lastly, we advise you book within the time limit as advertised to avoid disappointment turning up without booking as we have the right to refuse your entry if numbers are at full capacity (See Terms and Conditions on our website - [www.breakingrecordsfitness.co.uk/terms-and-conditions](http://www.breakingrecordsfitness.co.uk/terms-and-conditions) (<http://www.breakingrecordsfitness.co.uk/terms-and-conditions>))

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mobile: 07757 615646

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**[SCHEDULE \(/BREAKINGRECORDS-FITNESS\)](#)** | **[CLASS PASSES \(/BREAKINGRECORDS-FITNESS/PASSES\)](#)**

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📅 <a href="#">Select date</a>			
<b>July, 2020</b>			
27	Mon	9:15am - 10:15am	Bootcamp PAYG Fitness Class
		11am - 12pm	Over 50's Bootcamp PAYG Fitness Class
		7pm - 8pm	Bootcamp PAYG Fitness Class
28	Tue	11am - 12pm	Over 50's Bootcamp PAYG Fitness Class

		1pm - 2pm	Buggy Bootcamp PAYG Fitness Class
29	Wed	9:15am - 10:15am	Bootcamp PAYG Fitness Class
		11am - 12pm	Over 50's Bootcamp PAYG Fitness Class
		1pm - 2pm	Buggy Bootcamp PAYG Fitness Class
		5:45pm - 6:45pm	Supple Strength PAYG Fitness Class
		7pm - 8pm	Bootcamp PAYG Fitness Class
30	Thu	9:15am - 10:15am	Bootcamp PAYG Fitness Class
		7pm - 8pm	Bootcamp PAYG Fitness Class
31	Fri	7pm - 8pm	Bootcamp PAYG Fitness Class
<b>August</b>			
3	Mon	9:15am - 10:15am	Bootcamp PAYG Fitness Class
		11am - 12pm	Over 50's Bootcamp PAYG Fitness Class

Times shown in timezone: London

### Bootcamp PAYG Fitness Class

[View details \(/breakingrecords-fitness/e/ev-s6co-20200722091500\)](/breakingrecords-fitness/e/ev-s6co-20200722091500)

- Wednesday, 22 July '20 9:15am - 10:15am
- Swadffham Recreation Ground, Haspells Road, Swaffham
- 20 spaces available

#### INFORMATION

##### Details

Bootcamp sessions are fun, varied with a upbeat and energizing atmosphere and music and we welcome all levels of fitness. Every week is different, we include Kettlebells, Combat to music, floor work to tone your stomach and some higher intensity rounds to burn more calories.

COVID-19: All classes are conducted outside with strict capacity and within social distancing guidelines for the time being. If adverse weather conditions affect the class, we reserve the right to transfer the class to remote online basis as a one off - notice will be given of 2 hours before fitness class starts for you to join in. Please note we would like for all customers to bring their own equipment where possible as we are trying to limit the equipment needed.

Disclaimer - Once every month, we host a series of Fitness Tests and Fitness Challenges inhouse to benefit all participants in improving their fitness goals to increase their frequency, intensity, time and type (FITT principle) in their workouts - unfortunately we cannot advertise specific fitness tests that you may not enjoy or dislike, and only Fitness Challenges are disclosed to the public vis social media for a chance to win prizes. Suitable levels of intensity are for Beginners to Advance.

For all PAYG's only for bookings online. Please book by 8:00pm to avoid disappointment. Non-Members using the 30 day passes must be done online to sort out ticket bookings for classes. All bookings and payments are non-refundable.

Members please contact us internally direct for booking this class if you have a loyalty card! If you want to sign up as a Member and book classes direct with us including loyalty card discounts, use the link provided - <http://www.breakingrecordsfitness.co.uk/membership-sign-up> (<http://www.breakingrecordsfitness.co.uk/membership-sign-up>)

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## LOCATION ▼

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### TICKETS

#### **PAYG Normal**

Unavailable

**£6.00**

Available until **Tue 21 Jul 8pm**

Can be booked using **class pass** (</breakingrecords-fitness/passes>):

- 6 Session Pass for 30 days

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#### **PAYG Late Booking Normal**

Unavailable

**£10.00**

Available until **Wed 22 Jul 7:15am**

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[Select more \(/breakingrecords-fitness\)](/breakingrecords-fitness)

[View selections \(/breakingrecords-fitness/basket\)](/breakingrecords-fitness/basket)

## CONTACT

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<http://www.breakingrecordsfitness.co.uk> (<http://www.breakingrecordsfitness.co.uk>)

## PAYMENTS


Cards accepted:

[#BreakingRecords Fitness - Bookings Website \(/breakingrecords-fitness/sessions/new\)](#)



View our [refund policy \(/breakingrecords-fitness/page/refund\\_policy\)](#).

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[Terms of Service \(/terms\)](#)   [Privacy Policy \(/privacy\)](#)    [English](#)

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