



FRANKLIN GYMSPORTS

PRESENTS

GYM FIT

FRIDAYS | 10:45AM - 11:30AM

Training Fee: \$15

58 Station Rd, Gate 2, Pukekohe

Our new functional Strength and Fitness class for adults. Incorporating key Gymnastics strength and conditioning exercises for any level of fitness.

Crèche running alongside this class, for parents with little ones.

See website for more details



Contact competitive@franklingymsports.co.nz