Element Fitness

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elementfitnesslondon.com/

Company logo

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Element Fitness are 45-minute fitness classes inspired by natures elements; earth, water, air and fire. Utilising HIIT, functional training and intensity scaling; workouts are accessible, progressive and sustainable. Choose the coloured wrist band that lets your coach know your energy and or experience level; blue new, green keen, red experienced, black pro! We’ll offer various options per band during the class.

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