for women

Rowood House | Murdock Road | Bicester | Oxon | OX26 4PP



- Ladies Only
- 30 Minute Workout
- Fun & Friendly Environment
- Monthly Reviews / Nutritional Advice
- Class Timetable Included
- 1:1 Training Sessions Available
- Monthly or pay per use membership with no contract

Opening Hours

Mon - Thur 8am - 8pm | Friday 8am - 7pm | Saturday 8am - 12pm

Call today to book a FREE trial

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