

Personal Training sessions

£40 or £30 for existing LA Rev members

Why would you? How about any of these:

Fat loss and firming up, holiday body, wedding, sports events, improved health and well-being or even if you just want to kick sand in somebody's face on the beach!

(LA Revolution will not be liable for injuries incurred from kicking sand in somebody's face)

In the gym



In the studio



Outdoors



Contact Les on 07804 795655 or info@la-revolution.co.uk for more details or discuss your goals