



Is pleased to announce

the amazing **29th** annual

HOT-X-BUN WORKOUT

Held once more in the friendly and spacious
Kirtlington Village Hall on Good Friday,
19th April 2019.

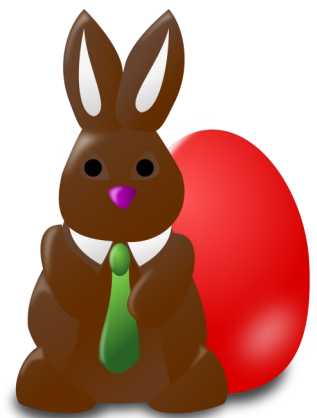
Warm up starts at 9:30am, done and dusted. by 11.00am



We want everybody to come along and enjoy the ONLY workout available on a Good Friday. Friends, family, in-laws, outlaws, everyone is welcome!

The fee of £7.00 is payable on the day and includes a complete total body workout with free verbal abuse—no offence given (that's extra!).

All of this followed by a fresh Hot-X-Bun, hot coffee or juice.



**You can pre-book your spaces with Barry via
email: barry@primenergy.org
Or mobile: 07771 881135**