

FIGHTING FITNESS PROGRAM

BOOT CAMP FEBRUARY 2019

The Fighting Fitness Program is an amazing Kickboxing & Fitness Course that has been highly successful within our Martial Arts studios since 2001. Train like a fighter. 8 week course. The Fighting Fitness Program Boot Camp is designed to get you fighting fit, fast. It doesn't matter what age you are or what fitness level you are at. We will get you fighting fit & toned in no time. There is no risk of getting injured or bruised as there is no sparring/fighting involved during this course.

WHERE?

Martial Arts Incorporated, Dublin 7:

Unit 5, Brunswick Court, North Brunswick Street, Dublin 7.
Tel: 01 6776592 Text: 0872663773

Email: info@martialartsinc.com

Website: www.MartialArtsInc.com

WHEN?

Every Saturday from 11am to 12pm for 8 weeks
starting 23rd February 2019

HOW MUCH?

The cost is only €80 per
person for the entire course.

YOU CAN ALSO ATTEND
THIS COURSE PRIVATELY
(ONE-TO-ONE)
JUST ASK US!

WHAT DO I NEED?

You will need training gloves which we sell from as little as 15 euro plus comfortable clothes & trainers, water and a sweat towel.

Course Instructor = Declan Kidd
One of the most experienced blackbelt coaches in Ireland.

A deposit of only €20 per person is required to book your place.
You can register by cash or card, in person or by phone or by email

