

FIGHTING FITNESS PROGRAM

BOOT CAMP OCTOBER 2019

The Fighting Fitness Program is an amazing Kickboxing & Fitness Course that has been highly successful within our Martial Arts studios since 2000. Train like a fighter for 8 weeks. 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 – you will learn all of the punching and kicking combinations, footwork and defensive drills that the pros use along with all of the strength and conditioning exercises needed to increase your **FIGHTING FITNESS.**

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 10.30am to 12pm for 8 weeks starting 12th October 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.

A deposit of only €20 per person is required to book your place. You can register in person or by email (we'll can take payment by cash, card or simply send you a secure paypal request for payment).

