

# FIGHTING FITNESS PROGRAM

## D.15 BOOT CAMP SEPTEMBER 2017

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 twice a week for 4 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.

### WHERE?

Martial Arts Incorporated, Dublin 15:

**DUBLIN 15**

K1 Centrepont, Rosemount Business Park, Dublin 15.

Tel: 01 6776592 Text: 0872663773

Email: [info@martialartsinc.com](mailto:info@martialartsinc.com)

Website: [www.MartialArtsInc.com](http://www.MartialArtsInc.com)

### WHEN?

Every Tuesday & Thursday from 8pm to 9pm for 4 weeks starting 5<sup>th</sup> September 2017

### HOW MUCH?

The cost is only €90 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 by cheque/postal order (payable to Martial Arts Incorporated), in person or by email (we'll send you a secure paypal request for payment).

