SUMMER TRAINING CAMP 2016

2 full days of training in a beautiful rural setting Ashlyns farm Epping Rd, Epping CM16 6RZ



Sat 13th August

13:00 - 14:00Heavy Bag and pad work 14:00 - 16:00Glove work and Boxing training 16:30 - 17:00Break 17:00 – 18:30 Takedown Defence and Groundwork 18:00 – 19:30 Wooden Dummy Training



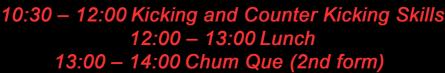
Single day cost £80



Sun 14th August



08:00 – 09:00 Qi Gong 09:00 – 10:00 Fitness and Conditioning 10:00 – 10:30 Break











Single day cost £100

Free camping space is available on request and cheap hotel accommodation within 5 minuets walk of venue!

RESERVE YOUR PLACE NOW!

sifumartin80@gmail.com

Save and take advantage of the full wk end discount

£160