

BRAND NEW STRUCTURE FOR 2017

FIGHTING FITNESS WEEK



(for Adults)

**1 full week of intensive training
with M.A.I. Dublin 7 Instructor, Eddie Lawlor.**
No better way to start your summer fitness.

Monday 5th June to Friday 9th June 2017
11am to 1pm
(put in for your time off work now)



Some participants have lost up to one stone on past Fighting Fitness Weeks and this year we are ramping it up to concentrate on fat burning and muscle toning through the use of the very latest Kickboxing techniques and drills.

When you register you will receive your FFW 2017 diet plan.

This diet plan combined with the FFW training will ensure you maximize your results.
It's only for 5 days so you can definitely do it!

Some people travel to Thailand for an intensive week of training.

Why bother? Save lots of money and avail of better training instruction and better training conditions here at home.

What will be covered?

The focus of FFW 2017 is on burning fat and toning muscle while at the same time working on:
Endurance, Strength, Stamina, Flexibility, Technical Ability, Speed, Agility, Conditioning, Fighting Strategy
And all while having FUN!

Comfortable clothes, a sweat towel, boxing gloves and water are all that you need to bring.

You don't have to be advanced to participate. This course is open to everyone of all levels, so there's no need to feel intimidated.

The cost is only €150 for the whole week.

****EARLY BIRD SPECIAL** You can attend FFW 2017 for only €99 if you pay in full before 31st May**

Normal price of €150 resumes from May 31st (don't ask for the special price if you're too late)

(it was previously €250!)



Ask about our 1-to-1 Fighting Fitness
Program Course. Private classes
tailored to your goals and schedule.

Location:

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