

PUNCH CITY

8 WEEK BOXING FOR FITNESS COURSE IN DUBLIN CITY

Ireland's premier martial arts training facility, Martial Arts Incorporated, brings you the return of the highly successful Boxing for Fitness course taught by Declan Kidd.

While getting fit and toning up you will also learn:

Correct punching technique

Speed & agility footwork

Fitness drills

Padwork skills

Bagwork striking

Speedball and floor to ceiling ball training

Bobrope drills

and much much more.

No sparring or risk of injury.



*Punch City is boxing for fitness and fun for all adults.
It doesn't matter what age or fitness level you are.*

Starts:
**Every Saturday from 7th October 2017 at 11am
at M.A.I. D7**

8 week course

Only €90 for the entire course.

(Boxing gloves required)

Limited to 20 places. €20 deposit required.

Enquire early to avoid disappointment.

Train at our fully equipped and professional
studio located at:

Martial Arts Incorporated Dublin 7:
Unit 5 Brunswick Court, Off North Brunswick Street, Dublin 7.
Telephone: 01-6776592 Text: 0872663773

Email: info@martialartsinc.com Web: <http://www.MartialArtsInc.com>