

FENCING EXPERIENCE

Saturday 10th October 2015
5.30 - 7.15 pm

Venue
FITNESS FIRST CLAPHAM
276-228 Lavender Hill
Clapham Junction, London, SW11 1LJ
www.fitnessfirst.co.uk

TRY THE OLYMPIC SPORT OF FENCING
ALL EQUIPMENT PROVIDED

DURATION 90 MINUTES

- Builds strength, helps co-ordination and balance
 - Tests your tactical thinking
- All participants can enjoy it regardless of gender or fitness levels
 - It's great fun
- These sessions are for 16 years old and over



TO BOOK YOUR PLACE PLEASE CALL NICK ON
07799 346829 OR EMAIL
NICK.PAYNE@SWORDFIGHTINGINTERNATIONAL.COM

