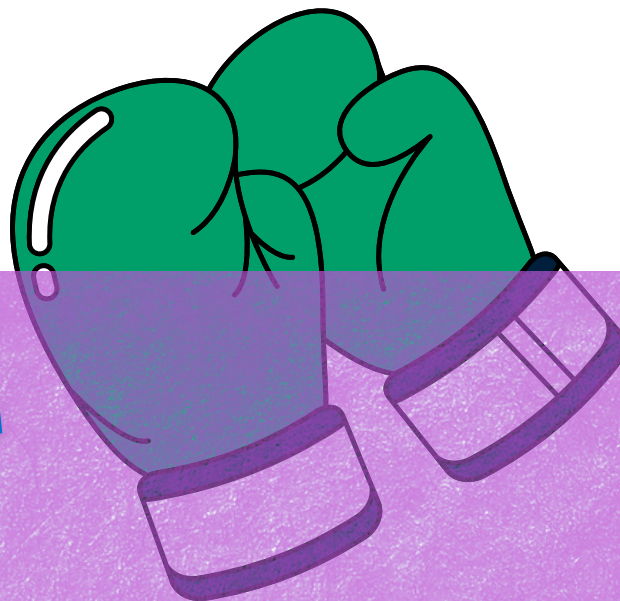


EPPING FOREST DISTRICT COUNCIL PRESENTS
NON CONTACT BOXING AND FITNESS

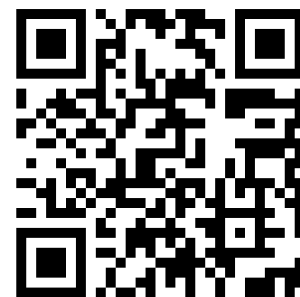


**FREE
FOR
ALL
AGES**

**EVERY
MONDAY
FROM 17:30
TO 18:30
AGE 10+**

**OAKWOOD HILL
COMMUNITY
HALL
LONGCROFT
RISE,
LOUGHTON
IG10 3NB**

SCAN THIS QR CODE TO REGISTER



**FOR MORE INFORMATION CONTACT MR ABDI-KARI
BERLEEN: 07785 771242
A.BERLEEN@ALWAYSINYOURCORNER.CO.UK**