

EPPING FOREST DISTRICT COUNCIL PRESENTS
NON CONTACT BOXING AND FITNESS
STARTING FROM THURSDAY 11 JUNE 2026



**FREE
FOR
ALL
AGES**

**EVERY
THURSDAY
FROM 6 PM
TO 7 PM
AGE 10+**

**THE LIMES
CENTRE, LIMES
AVENUE,
CHIGWELL,
IG7 5LP,
LARGE HALL.**

SCAN THIS QR CODE TO REGISTER



**FOR MORE INFORMATION CONTACT MR ABDI-KARIM
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 **Epping Forest
District Council**
www.eppingforestdc.gov.uk

**FIND
YOUR
ACTIVE**

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ALWAYS IN YOUR CORNER
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PERSONAL TRAINER