

EPPING FOREST DISTRICT COUNCIL PRESENTS
NON CONTACT BOXING AND FITNESS



**FREE
FOR
ALL
AGES**

**EVERY
SATURDAY
FROM 10 AM
TO 11 AM
AGE 10+**

**UPSHIRE
PRIMARY
SCHOOL
UPSHIRE RD,
WALTHAM
ABBEY
EN9 3PX**

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



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PERSONAL TRAINER