

Guy's Urban Challenge training session

6th September

Thank you for signing up for our first Urban Challenge 2017 training session!

When?

Wednesday 6th September- 6:30pm

What and where?

Presentations: *Room G4, New Hunts House, Newcomen St, London SE1 1UL (H on this [map](#))*

18:30- 18:40- Fundraising presentation

18:40- 19:00- Fitness and training presentation

The presentations will be the same across the 2 sessions so feel free to come to just one of those but both of the workouts if you would like.

Workout: *King's Sport, Health and Fitness' [brand new gym](#), located at 135 Borough High Street, London Bridge*

19:10- 20:00- Practical training session led by King's Sport

There will be a focus on the spin element.



If you need directions or have any questions this evening you can contact John on 07494446847