

You're invited!

Guy's Urban Challenge training sessions

To help you get prepared for your Urban Challenge we've organised 2 free training sessions, run by our friends at [King's Sport, Health and Fitness](#).

When?

Wednesday 6th September- 6:30pm

Tuesday 19th September- 6:30pm

What?

Presentations

18:30- 18:40- Fundraising presentation

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

Workout

19:00- 20:00- Practical training session led by King's Sport (further details on this to follow)

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.

Where?

The practical training sessions will be held at King's Sport, Health and Fitness' [brand spanking new gym](#), located at 135 Borough High Street, London Bridge.



Sign up now!

For one or both sessions by emailing:

events@supportgstt.org.uk

Or by replying to this text