

**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](mailto:events@supportgstt.org.uk)**

**Or by replying to this text**