



MONGOL TRAINING PRESENTS

BOOTCAMP

WEDNESDAY'S 4:45PM - 6:00PM

SATURDAY'S 7:00AM - 8:00AM

COST \$15

DONT MISS IT

ASHMORE SPORTS GROUNDS

(Off Currumburra Road next to Go Ashmore Bowling)

CONTACT CALVIN 0404 620 942

www.mongoltraining.com