

Women's Boot Camp



Phone: +27 82 531 8331

Join the Women's Boot Camp in Cape Town with Drill Instructor Kellen, get the special promotional rate,

Four Weeks Small Group Personal Training boot camp

First four weeks one on one training to perfect technique at the discounted "Group Personal training" rate

meeting at a Jungle Gym near us/ or Your Home or office.

3 Days/Week

4 week boot camp Group classes,12 session package€ per personValid for four weeks

5 Days/Week

4 week boot camp Group classes20 sessions package€ per person Valid for four weeks

Classes arranged In your Area if you have 3 or more people join
Times can be arranged

Cascais, Lisbon, Portugal

Mondays, Tuesdays

Wednesdays Thursdays andFridays at 06h30 (Summertime)

07h00 (Wintertime)

Quote the Promotional code: B1K1N1 body

Other Places and times and classes by arrangement

08h00

09h00

Lunchtime Classes by appointment

17h00

18h00

19h00

Police, Fire-brigade, Ambulance, Paramedics, Teachers, and Nurses SPECIAL RATES
please inquire.

About Us

Results driven Outdoors Fitness boot camp for Women in Cape Town

Expected results when you complete a 5 session/week - 4 week camp: 3-5%
reduction in body fatimproved postureMore relaxed2-5 kilos of weight loss2-7 cm
decrease in the naval10-25% Improvement in endurance10-25% Increase in
strength100% Gain in self-confidenceExpected results may vary extremely from one
individual to another, depending on the amount of classes attended, your attitude,
effort, passion, focus, what you put into your trolley at the supermarket, your pantry
& fridge at home and what you put into your mouth period.

Email: hardkorefitness@gmail.com

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