

LFP
GRAPPLING
FRIDAY

SPECIALIST GRAPPLING CLASS

FRIDAY NIGHTS
6pm – 7pm

INSTRUCTOR – Shihan Dave Copling

Starting 3rd of September (Friday) at 6.00pm.

Ranges fitness centre – Main Road, Upwey

1 hour class = \$5.00 for all ranks.

This class is grappling only and will cover all aspects of grappling including positions, chokes, submissions escapes etc..... This class will be a Gi class.