



FIRST SESSION IS FREE:
Then only **£10** a session
(you can pay up to 3x times on this option)

BRONZE: 10 sessions for **£85.00**, that's only **£8.50** a session. (To be used within 3 months)

SILVER: **£50** per month via Direct Debit (unlimited sessions & all venues 6x month contract)

GOLD: **£185.00** per month entitles you to **unlimited Boot Camp** access and the choice of either:

- 3x Personal Training sessions per month
- 3x Sports Massages sessions per month
- Or mix the 3 sessions up



£6.00 for 45 mins. Get the kids outdoors and into fitness.

To find out information, times, days and venues, please visit our website for the latest information.



Your Health Is Your Wealth

Brownes Boot Camp is an outside fitness based business which utilises the outdoor environment and trains in all weather conditions all year round. We are a very friendly and welcoming group that offers to all fitness abilities and ages.

NEW MEMBERS WELCOME.

Kids Holiday Sports Camp

AGES: 5-14 years old

TIMES: 09:00am - 13:00hrs

VENUE: Belton Way West, Leigh-on-Sea (Next to Leigh train station)

PRICES: £20.00 per child, per day (4 hours)

£18.00 per child for 2x children (Must be booked in advance together).

Total: £36.00

£10 Non-refundable deposit to be paid per child to secure a place.

BACS Transfer is accepted.

HSBC Bank
Sort Code: 402811
Account No.: 21549693

Kids Birthday Parties

We can cater for kids birthday parties from ages 5 upwards.

We can do themed birthday parties e.g: Army and assault course.

PRICES FROM:

£250.00 for 2 hours.

Outdoors or indoors all year round.

We also do Sports Massage from **£45.00** an hour and Pre season training for ALL sports from **£75.00** an hour (Football, cricket, rugby, hockey, boxing and lots more).

Work Place Boot Camp/Fitness Session from **£75.00** an hour (Team Building/Work).



www.brownesbootcamp.co.uk

Find us on    

Southend on Sea: 01702 680112 Brentwood: 01277 424777

MOBILE ASSAULT COURSE Hire!

PRICES FROM:

£600.00 for 6 hour hire

Fully Insured, full risk assessments, DBS checked, First aid trained and Safety Video briefing to watch before you go onto the obstacles. A 'BBC waiver form' must be completed by all individuals. Full terms and conditions will be sent with your booking confirmation.

OPTION 1:

Partial set up including 2 steel framed obstacles and all non steel framed obstacles.

PRICE:

£600.00
for 6 hour hire

Steel Framed Obstacles:

- x2 Up and Over (10ft Wall)
- x2 A Frame
- x2 See-saw
- x2 Balance Beam
- x2 Monkey Bars

OPTION 2:

Half set up including 4 steel framed obstacles and all non steel framed obstacles.

PRICE:

£900.00
for 6 hour hire

Non Steel Framed Obstacles:

- x10 Tyres
- x2 Hurdles
- In and Out Poles
- Camouflage Net
- Crawly Net

OPTION 3:

Full Set Up with all 10 obstacles including 2 of each steel obstacles.

PRICE:

£1400.00
for 6 hour hire



OPTION 4:

PRICE:

£300.00 for 3 hour hire

No steel framed obstacles: Set up of assault course (indoors or outdoors) with the use of our equipment (non steel frames).

We have rugby pads, gloves, weights, stretchers, tug of war rope and lots of fitness equipment. We can include team building games if required keeping it within an 'assault course' theme.

Mobile Boxing Frame Hire

1x FRAME £200.00

2x FRAMES £350.00

3x FRAMES £500.00

All prices shown are for 2x hours hire and includes 1x qualified instructor, as well as set up and close down. (If you need to hire them for longer, please just ask and we can arrange a suitable package for you). If you have a smaller group and would prefer to hire just one or two mobile frames, we are happy to make flexible arrangements, so just give us a call to arrange.



School Boot Camp/Boxing Training

We visit schools to teach boot camp and /or boxing training: **2 hours per school** (normally 30 mins per class).

PRICE:

£75.00 per 1 hour class
All equipment will be supplied.

Brownes Generator/Trailer Hire and Towing Services

Generators (this includes lighting tower) and a complete Towing Service (includes 3 trailers & can tow up-to 3 ton)

Generators can be hired for:

- Sports Days
- Boot Camps - flood lights (lighting tower)
- Work events
- Charity events
- Bouncy Castles (up to four available)

We also have venues in Tenerife, Portugal, France and UK where we can offer either long weekend or full week fitness training packages.

Please contact us for details on: hello@bootcampabroad.com



Find us on [f](#) [t](#) [i](#) [G](#) [YouTube](#)

www.brownesbootcamp.co.uk

info@brownesbootcamp.co.uk

Please Note: There will be a transportation charge of £1.00 per mile each way for delivery and collection from Brentwood Postcode CM13.