

Do you really want to MAKE THE LEAP in the quality of your training?

Do you want to reach goals that you cannot even imagine?

Oleh Ilika's International Kettlebell Lifting Training Center offers to Athletes and Trainers **WORLDWIDE** a unique opportunity!!!

1-WEEK OR 2-WEEKS

ONE-TO-ONE INTENSIVE TRAINING COURSES

The advantages:

- Full access to the IKLTC training structure
- Totally supervised daily training: all the experience of Oleh Ilika at your service!
- A PERSONAL WORKOUT SCHEDULE, with REAL OBJECTIVES and 100% GUARANTEED RESULTS!
- Accomodation in an Hotel (half board) near the Center INCLUDED IN THE PRICE!
- FREE TRANSPORT from Malpensa Airport or Castano Primo Train Station to the Hotel for accomodation (and, at the end of the course, from the Hotel to the Airport or Station)

HOW TO REACH US:

By car: Autostrada A4 Milano-Torino, exit Marcallo Mesero; continue for Malpensa Airport, exit Castano Primo Sud; continue for Castano Primo town center.

By train: Castano Primo train station.

By plane: Malpensa Airport.

FOR INFORMATION:

Oleh Ilika : Tel: +39 320 9465503

info@ghirisport.it - www.ghirisport.it

<http://www.facebook.com/oleh.ilika>

COSTS:

1290€ for the 1-week course

2090€ for the 2-weeks course

Each course includes, as well as transport and accomodation (HB), intensive daily training (3 hours per day), completely supervised by Oleh Ilika, with all the theoretical and practical insights needed to bring your training to a superior level. Oleh Ilika will also schedule a workout with REAL OBJECTIVES and 100% GUARANTEED RESULTS!!!

Payment method: PAYPAL → info@ghirisport.it



**INTERNATIONAL
TRAINING CENTER**



Via Crocifisso 30, Castano Primo (MI)