

# Martial arts for fitness amp self defence First lesson free (4 GBP)



Location **North, Tyne And Wear**  
<https://www.freeadsz.co.uk/x-570295-z>

Martial arts class for beginners first lesson free 10 years +  
fridays 5pm-6pm  
North Durham academy Stanley DH9



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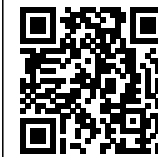
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