

# Martial arts training in a fun amp enjoyable environment for health amp self defence



Location **Northern Ireland, County Durham**  
<https://www.freeadsz.co.uk/x-586491-z>



IMAF Europe U.K. Martial arts beginners classes in aikido  
 Chester le street community centre DH3 3TS Thursdays 730pm - 9pm 10 years + first lesson free  
 Possible future classes in Stanley  
 if interested contact number provided or message



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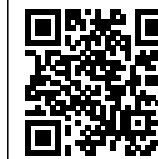
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