

Krav Maga Beginner039s class, Irvine, Ayrshire. Starts Sun 2nd Nov (6.25 GBP)



Location

Scotland, Ayrshire

<https://www.freeadsz.co.uk/x-192919-z>


Krav Maga comes to Irvine! New 4 week Beginner's class will give you the chance to learn this exciting, street proven self defence system! Suitable for men and women of all ages and levels of fitness. Krav Maga was created in the Israeli military and has since been adapted to be used in the Civilian world. We are IKMF (international Krav Maga federation) certified to teach civilian Krav Maga and have been trained in Israel by the best in the business. The system is easy to learn and students don't need to have any previous martial arts experience. In addition to picking up new essential self defence skills, you will become leaner, fitter and stronger. All our classes are designed to be fun, welcoming environments. This 4 week block of classes is priced at £25.00 and starts on Sunday 2nd November, 9am-10am at The Fitness Factory, Thornhouse Avenue, Irvine. The class will run for 4 weeks at the same time each Sunday. Places are limited and demand is high. If you wish to book then please call me on 07976467259, or check our Facebook page "Tactical Krav" to book online. Look forward to seeing you on!

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