

Mixed martial arts amp self defence Raynes park 07828640375 Fridays



Location **London, London**
<https://www.freeadsz.co.uk/x-201155-z>



Learn a mix of self defence techniques from a variety of disciplines including karate, kung fu, cystema and kick boxing. Get fit while you train using a range of top quality equipment. Use yoga & Tai Chi to generate awesome power and become a force to be reckoned with! Call 07828640375 for further.



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