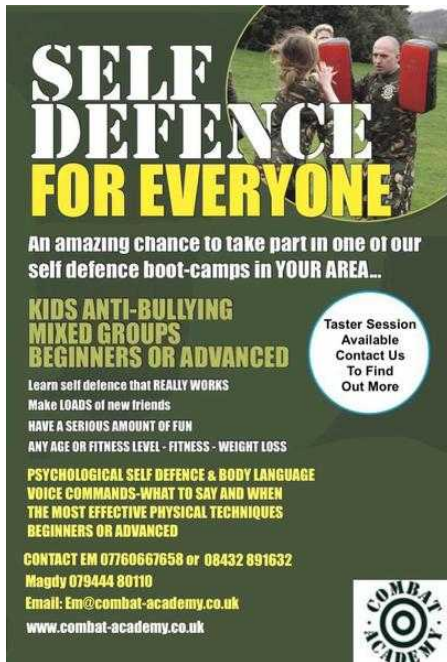


Self-defence for everyone (10 GBP)



SELF DEFENCE FOR EVERYONE

An amazing chance to take part in one of our self defence boot-camps in YOUR AREA...

KIDS ANTI-BULLYING MIXED GROUPS BEGINNERS OR ADVANCED

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HAVE A SERIOUS AMOUNT OF FUN
ANY AGE OR FITNESS LEVEL - FITNESS - WEIGHT LOSS

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THE MOST EFFECTIVE PHYSICAL TECHNIQUES
BEGINNERS OR ADVANCED**

CONTACT EM 07760667658 or 08432 891632
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Taster Session Available
Contact Us To Find Out More

COMBAT ACADEMY

Location

East of England, Bedfordshire

<https://www.freeadsz.co.uk/x-202571-z>



The Combat Academy teaches truly effective self-defence techniques that work in real life situations. Combined with mixed martial arts and military fitness All of our techniques have been pressure tested and do not require extreme levels of strength, fitness and flexibility. It is for this reason that anybody of any fitness level can enjoy and benefit from our training. Classes Every Saturday at 10am Furzton Lake Milton Keynes £10 pay as go. Contact me to book your



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