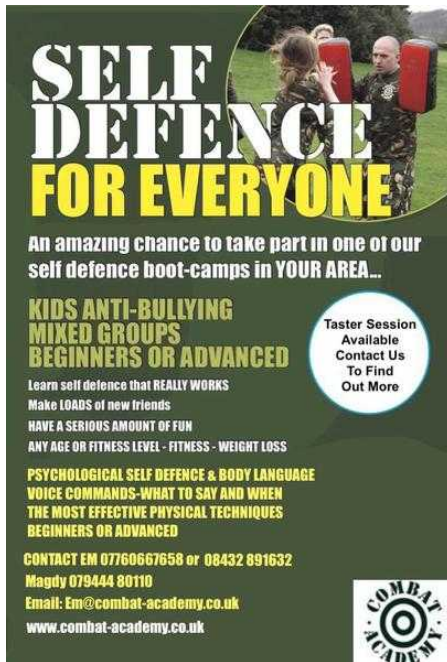


Self-defence for everyone (10 GBP)



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THE MOST EFFECTIVE PHYSICAL TECHNIQUES
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Taster Session Available
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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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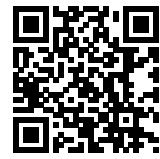
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