

Aikido (Lewes, Brighton, Shoreham amp Worthing



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-220487-z>



Everyone's Welcome! Beginner or experienced, whether your goal is to lose a couple pounds or become super-fit, to start your "Aikido journey" or develop your skills. Join us and we'll help you get there with world-class instruction and e-learning support to help you achieve a positive and measurable impact in your life! Thursdays: 8:00 to 10:00 PM The Sport Centre, University of Sussex Building 57, University of Sussex, Falmer, Brighton, East Sussex, BN1 9RB The best way to find out what Aikido is all about is to try a class, or at the very least watch one. Come along , to start just come to one of our venues wearing tracksuit bottoms and t-shirt. Interested in finding out more? Browse through our website, there's loads more information, <http://sussexsportaikido/>



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