

Family Kickboxing Class (6 GBP)



Location

West Midlands, Worcestershire

<https://www.freeadsz.co.uk/x-234429-z>



Want to lose weight? Come along and experience our action packed classes and lose over 800 calories per session. Want to tone up and improve your flexibility, balance, co-ordination and confidence? We push you to improve every class, we change classes so that you never get bored of sessions. Do you cover street self defence? Yes even though our classes have a core base in kickboxing, we also teach self defence in all our classes. Not only will you be getting fitter and stronger you will be more confident in your ability to avoid dangerous situations, and know how to defend yourself if you have to. Do you have to sign long term agreements? No we operate pay as you go schemes and offer discounts to NHS workers and students ;



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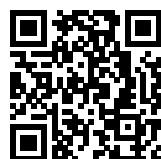
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