










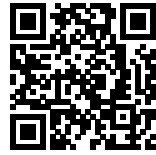
# Health, fitness amp defence training



Location **South East, Kent**  
<https://www.freeadsz.co.uk/x-319001-z>



Personal self defence & fitness training. These sessions are intensive and designed to enable you to become fit, shape up and gain a basic understanding of personal safety very quickly! Get sweaty and fit whilst learning a new life!

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