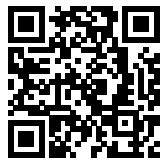


# Health, fitness amp defence training



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!

**Health, fitness amp defence**  
<https://www.freeadsz.co.uk/x-319001-z>

**Health, fitness amp defence**  
<https://www.freeadsz.co.uk/x-3190>

**Health, fitness amp defence**  
<https://www.freeadsz.co.uk/x-3190>