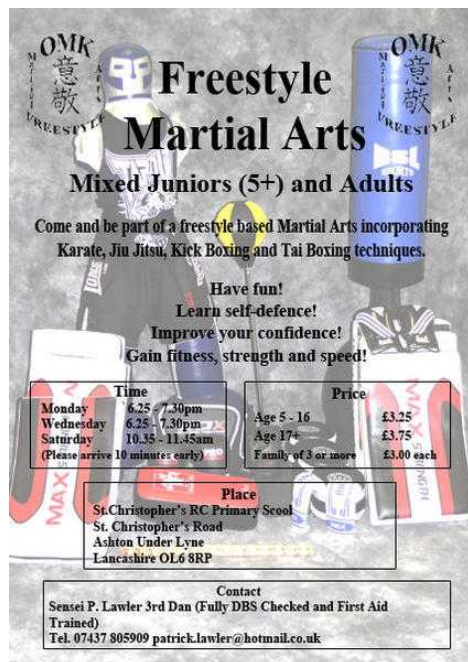


OMKFREESTYLE (3 GBP)



OMK Freestyle Martial Arts

Mixed Juniors (5+) and Adults

Come and be part of a freestyle based Martial Arts incorporating Karate, Jiu Jitsu, Kick Boxing and Tai Boxing techniques.

Have fun!
Learn self-defence!
Improve your confidence!
Gain fitness, strength and speed!

	Time	Price
Monday	6.25 - 7.30pm	Age 5 - 16 £3.25
Wednesday	6.25 - 7.30pm	Age 17+ £3.75
Saturday	10.35 - 11.45am (Please arrive 10 minutes early)	Family of 3 or more £3.00 each

Place
St. Christopher's RC Primary School
St. Christopher's Road
Ashton Under Lyne
Lancashire OL6 8RP

Contact
Sensei P. Lawler 3rd Dan (Fully DBS Checked and First Aid Trained)
Tel. 07437 805909 patrick.lawler@hotmail.co.uk

Location **North, Lancashire**
<https://www.freeadsz.co.uk/x-329712-z>



OMKFREESTYLE karate consists of varies techniques KickBoxing, Jiu Jitsu, Tai Boxing you will gain self confidence, fitness, strength and speed. Fully DBS checked, First Aid Trained. 3rd Dan Black Belt
 Lessons: Monday 6.25pm-7.30pm Saturday 10.35am-11.45am Prices Age 5 £3.00
 Age 17 £3.75 Family of 3 or more £3.00 Each Address: St Christopher School st Christopher's Road
 Ashton Underlyne OL6 9DP Can check me out on Facebook at omkfreestyle lawlor MoB: 07795260187
 077952601...(click to reveal full phone number) Email: click to contact ;



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