

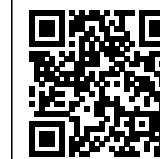
Horsham Shaolin Kung Fu



Location

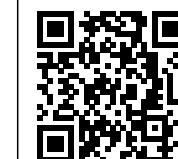
South East, West Sussex
<https://www.freeadsz.co.uk/x-334534-z>

Come and try the traditional martial art of Shaolin Kung fu. Classes are varied and include exercise routines, stretching, pad work, footwork, self defence and meditation. The first class is free and all levels are welcome, just turn up! Classes are as follows... Wednesday 18:00-19:00 (kids 5+) - The Forest School gym Wednesday, 19:00-20:30 (adults 12+) - The Forest School gym Wednesday 20:30-20:55 (sparring class) - The Forest School gym If both you and your child would like to try it, feel free to bring them to the kids class and stay on for the adults class. Have a look at www.horsham-shaolinkungfu.co.uk or ring me on 07979195714 079791957...(click to reveal full phone number) for more!



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