

Defence Lab Birmingham South- Self Defence and Fitness Classes



Location

West Midlands, West Midlands

<https://www.freeadsz.co.uk/x-376381-z>


Defence Lab is a global network of Self-Defence and Fitness training facilities. The main adult (13+ yrs) program we teach within Defence Lab is DNA Fight Science. The program concentrates on developing practical and functional resolutions to violent street altercations. It also has an inbuilt fitness regime; and of course an element of fun!! Come and claim your taster session absolutely FREE of charge. Birmingham South classes are held at: Monday & Friday- 6:30-7:30pm Urban Fitness, Bournville College, Longbridge Lane, Longbridge, Birmingham, B31 2AJ. ;

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