

Ladies Fight Back



STARTING ON SATURDAY 19TH NOV
9.45 - 10.45am

LIMITED SPACES AVAILABLE

LADIES FIGHTBACK

**BUILD CONFIDENCE
DEALING WITH CONFLICTS
AWARENESS
BOUNDARY SETTING
& SIMPLE SELF DEFENCE TECHNIQUES
SUITABLE FOR BEGINNERS (AGE 13+)**

JOB MARSTON CENTRE (CHATTERTON HALL)
93B SCHOOL ROAD, HALL GREEN, BIRMINGHAM, B28 8QJ
07805777829
info@instinctselfdefence.co.uk

£30 FOR THE FULL 4 WEEK COURSE

Location

West Midlands, Warwickshire

<https://www.freeadsz.co.uk/x-458937-z>


Ladies Fight Back - 4 week course for ladies only (ages 13+) Dealing with altercations and conflicts Boundary Setting Awareness Simple and effective Self defence skills Escapes from grabs Limited Spaces... £30 for 4 week course Starting 19th November 2016 9:45am-10:45am Job Martson Centre, Chatterton Hall, Hall Green, Birmingham B28 8QJ. 07805777829 078057778...(click to reveal full phone number) , click to



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