

# Tae Kwon-Do FIRST LESSON FREE. Come along and join in. Classes for Ladies, Gent



Location **South East, Middlesex**  
<https://www.freeadsz.co.uk/x-539561-z>

HED TKD are pleased to offer you the ultimate in martial arts and self protection training. If you are looking to improve your confidence, lifestyle, or just have a workout with a difference, we provide classes to help you achieve your goals. Fully qualified tuition to black belt and above. Classes for Ladies, Gentlemen, Children and Families.

Come along to any one of your local HED TKD clubs and enjoy your FREE introductory class. Watch or participate and enjoy the martial arts experience with people just like you under the guidance of our professional, qualified instructors. Whilst studying the skills for self protection and defence, you can also improve your fitness, stamina, flexibility, concentration, self control, coordination and reduce the stresses and strains of a normal routine. Tae Kwon Do is great fun to learn at any age. Contact us on 0845 310 5791 0845 310 57...(click to reveal full phone)



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