martial arts beginers class health fitness self defence Chester le street



North, Tyne And Wear Location https://www.freeadsz.co.uk/x-549063-z



Martial arts for fitness health & self defense aikido controls throws strikes and sword and stick arts Chester le street community centre DH3 3TS Thursdays 730 pm-9 pm 10 years + Can be practiced without high or hard break falls doesn't include high kicks

		回航火
_	_	

https://www.freeadsz.co.uk/x-5490	Chester	health fitness	martial arts
eadsz.co.u	ē	ss self	s beginers
k/x-5490	street	defence	's class



martial nealth	
arts fitness	
beginers self d	
	ial arts bu





z ww//:sc	nartial alth t
w.freea	arts fitness
os://www.freeadsz.co.uk/x-5490 z	beginers self d le
uk S	d Sig
(-5490	s class defence street





https://www.freeadsz.co.uk/x-5490	martial arts health fitness Chester
eeadsz.co.u	ts beginers ss self d le
ık/x-5490	rs class defence street

	Z
<u>.</u>	
)	
-	
-	
)	
5	
)	
2	
)	
)	
<u>)</u>)	
,	
	1

tps://w }-z	ealth hester
tps://www.freeadsz.co.uk/x-5490 }-z	fitness
dsz.co.	self le
uk/x-5490	defence street

http	hea
63-2	Che

http://www.f	martial ar health fitne Chester	00-1

7		
mart	https:// 63-z	health Chest

https://w	Chester	
าttps://www.freead	_	

回網費回

W	ster	₹
://www.freeadsz.co.uk/x-5490	r le	fitness
		self
	stree	defence