

AR Krav Maga Self-defence Training - 3 Trial Classes (19.95 GBP)



Location **East of England, Norfolk**
<https://www.freeadsz.co.uk/x-553490-z>

If you are new to Krav Maga Self Defence or have a background in any of the various Martial Arts, and you are over 16 years old then we invite you to book onto our 3 Trial Class Programme; we want to be sure what we offer meets your expectations and equally, you meet ours.

Our 3 Trial Class Programme is exactly that, a 'trial' so you can come along and see that we run a fun and ego-free self-defence club where like-minded people exercise together to achieve their fitness and personal safety training goals.

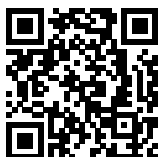
To ensure all our new club members have the very best trial classes programme possible, the first (trial class 1) of your three trial classes will be an exclusive 60-minute session with only other trial class students, however, this is optional. During this first session, we will cover the fundamentals of Krav Maga so that when you join the main classes for your second and third class you will do so with confidence.

Why just the Fundamentals – Because good Krav Maga is the basics done well. You should never grow bored of practising the fundamentals, for they are the foundation everything else is built upon.

Trial Class 1, your first trial class will take place on the dates below at Thorpe St Andrews High School from 2025 to 2130 hrs with the remaining classes taken at a venue and time of your choice.

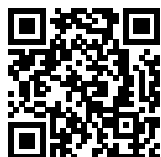
Full details will follow once you have booked and paid for your classes.

Everyone is welcome so join us have fun and learn how to become "Safer, Fitter, Smarter & Always".



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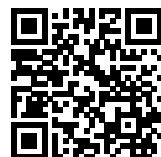
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