

NEW K1 Kickboxing class in HORSHAM (5 GBP)



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-566656-z>

NEW K1 Kickboxing class in Horsham with BMABA certified and insured instructor 20 years experience. Typical sessions include stretching, warm-up, skipping, fitness, pad-work, kick/punch combinations and conditioning exercises...

START DATE - Monday 5th February 2018

TIME - 7:30-8:30pm

LOCATION – St Andrew's Methodist Church, Crawley Road, Roffey, Horsham, West Sussex, Rh12 4DX.

(entrance at side of building)

PAY-AS-YOU-GO

Suitable for all abilities

£5 per class – FIRST CLASS FREE!

** call or message if you require any more details.

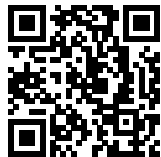
www.facebook.com/focuskickboxing

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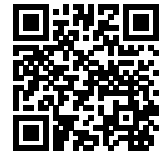
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