

Kickboxing Classes and 1-2-1 Coaching




FREESTYLE
FCA
COMBAT ACADEMY

KICKBOXING

Saturday 12pm-1pm
£4 per lesson

Freestyle Combat Academy
Units 8 & 9 Phoenix Works
Windsor Road
Bexhill-on-Sea
TN39 3PE

Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-570752-z>

Kickboxing class suitable for all abilities - mainly focusing on technique and fitness. Black belt instruction and lots of 1 to 1 tuition and classes tailored around your personal goals! Classes focusing on technique, fitness and opportunities to spar. Work at YOUR own pace and achieve YOUR goals! First lesson to be FREE!

Looking to try something new? Meet a great bunch of people? Improve fitness levels? Grade in kickboxing?

If your answer is YES to ANY of those questions - then this class is perfect for you!

6:30pm - 7:30pm every Tuesday
 12:00pm - 1:00pm every Saturday

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 Rear of 93 Windsor Road
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