Kickboxing Classes and 1-2-1 Coaching



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

Freestyle Combat Academy Units 8 & 9 Phoneix Works Rear of 93 Windsor Road Bexhill On Sea East Sussex TN39

