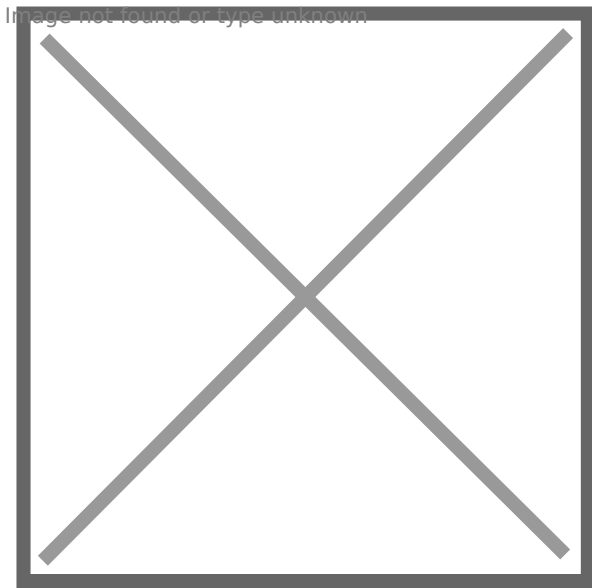


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**Themes:** Advocacy

**Aimed at:** Children Age 6-11, Teenagers 12-17, Adults 18+

Are you looking for a martial arts school that caters for beginners, that puts your safety first and has a friendly atmosphere? If so we have classes that are suitable for you. Our range of regular kickboxing classes are non-contact and fun to train in whilst developing fitness at the same time.

#### Martial Arts Benefits For You

Lose Weight & Tone Up / Improve your Flexibility / Learn Kickboxing Skills / Enjoy a Dynamic & Safe Workout / Improve your Fitness & Stamina / Increase your Personal Confidence / Reduce Stress & Have Fun

#### Additional Martial Arts Benefits For Your Child

Confidence / Self Discipline / Healthy Fun Activity

Saturday 9:15 10:15 Children 7 - 12 Kickboxing Worksop PMAS Kickboxing Juniors Class (7 to 12 years old)

Saturday 10:45 11:45 Adults 13+ Kickboxing Worksop PMAS Kickboxing Adults Class (13 to 50 plus years old)

**Area:** Bassetlaw

## Contact Details

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