

**MAKE TIME
FOR YOURSELF
& REAP THE
REWARDS**



EVADE MARTIAL ARTS ADULTS

MARTIAL ARTS FOR STUDENTS AGED 14 YEARS OLD AND ABOVE

**MANY EXERCISE PROGRAMS CAN BE
UNINSPIRING AND DIFFICULT TO FOLLOW.**

**OUR ADULT CLASSES ARE FUN, CHALLENGING
AND EVER CHANGING. WITH A FOCUS ON
LEARNING AND SKILLS DEVELOPMENT.**

**WHETHER YOU WANT TO GET FIT, LOSE WEIGHT, TAKE ON
A NEW CHALLENGE, OR YOU'RE LOOKING TO PROGRESS
TO CHAMPIONSHIP GOLD, WE PROVIDE THE EXPERT
GUIDANCE TO HELP YOU ACHIEVE YOUR GOALS.**

BOOK IN TODAY FOR YOUR FREE PRIVATE LESSON AND TRIAL

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