



**A FITNESS ROUTINE
YOU CAN ENJOY!**



EVADE MARTIAL ARTS

LADIES ONLY

MARTIAL ARTS FOR WOMEN AGED 14 YEARS OLD AND ABOVE

**OUR LADIES ONLY PROGRAMS PROVIDE A POSITIVE,
SAFE ENVIRONMENT, ALLOWING YOU TO FOLLOW YOUR
GOALS AT A SPEED THAT IS SUITABLE FOR YOU.**



**WHETHER IT BE PHYSICAL
FITNESS, INCREASED
CONFIDENCE OR SELF-DEFENCE,
WE ARE HERE TO PROVIDE THE
NECESSARY SUPPORT AND HELP.**



**OUR CLASSES ARE ALWAYS
CRAMMED WITH NEW
CHALLENGES TO KEEP YOU
MOTIVATED, PROGRESSING AND
EAGER TO COME BACK FOR MORE.**



**BOOK IN TODAY FOR YOUR FREE PRIVATE LESSON AND TRIAL CLASS
WWW.EVADEMARTIALARTS.CO.UK - EVADEMARTIALARTS@GMAIL.COM - 01457 833987**

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