

LADIES, READY TO KICK SOME BUTT?



WOMEN'S SELF-DEFENCE CLASS!

TUESDAY 27TH JANUARY 2026



5:30PM - 7:15PM

SPRINGHEAD COMMUNITY CENTRE

POW!

**LEARN TO
FIGHT BACK!**



HAVE A LAUGH!



**FUN &
EMPOWERING!**



ONLY £15 PER PERSON!

BOOK NOW & JOIN THE FUN!