



SELF DEFENCE/ MARTIAL ARTS CLASSES

LEARN TECHNIQUES OF SELF DEFENCE AND MARTIAL ARTS

STARTING
**TUESDAY 12
NOVEMBER**
7:00PM -8:00PM

**ST BEDE'S SCHOOL
GYMNASIUM**

Sessions will take place on 12.11.24, 19.11.24,
26.11.24 and 03.12.24

This course will be fully funded by i3Parent Hub
Held in association with

For further details please
contact
martyna@i3parenthub.org
or call 01223 868322

LIMITED SPACES!

