

KICKBOXING



**FREE UNIFORM AND LICENCE
WITH THIS LEAFLET !!!**

FIRST CLASS FREE !!



For men, women and children (aged 5+)

Ideal for Beginners

Non-contact

Thursday – Juniors & Adults 7.00pm till 8.00pm

Saturday – Juniors & Adults 10.30am till 11.30am

Carlton Forum Leisure Centre
Coningswath Rd, Carlton, Nottingham NG4 3SH

Wednesday – Juniors & Adults 6.00pm till 7.00pm

Clifton Leisure Centre
Southchurch Dr, Clifton, Nottingham NG11 8AB

Thursday – Juniors & Adults 6.00pm till 7.00pm

Rushcliffe Arena
Rugby Rd, West Bridgford, Nottingham NG2 7HY



Call Scott Twells on 07517288311

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