

martial arts beginners class at Stanley amp Chester le street first 2 lessons free



Location **Northern Ireland, County Durham**
<https://www.freeadsz.co.uk/x-373602-z>

Martial arts for fitness health & self defense aikido controls throws strikes and sword and stick arts Can be practiced without high or hard break falls doesn't include high kicks East Stanley primary school dh9 0tn Fridays seniors & adults 11 years + 430pm-6pm come along anytime between 415 & 5pm to join juniors class 5-11 years come along between 320 & 330pm - aprox 415pm also chester le street community centre dh33ts 730 pm-9pm



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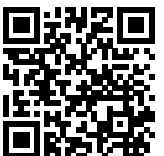
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