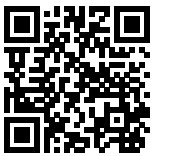


# martial arts beginners class at chester le street first 2 lessons free starts May 25



Location **North, Tyne And Wear**  
<https://www.freeadsz.co.uk/x-523695-z>

Martial arts for fitness health & self defense aikido controls throws strikes and sword and stick arts  
 Chester le street community centre DH3 3TS Thursdays 730 pm-9 pm 10 years + Can be practiced without high or hard break falls doesn't include high



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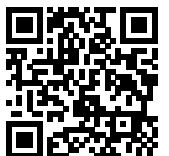
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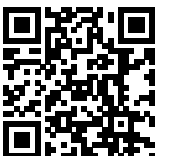
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