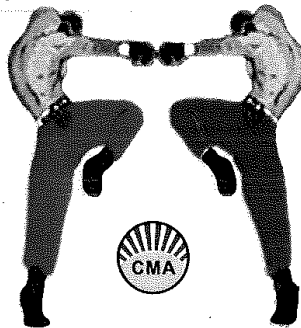


# C.M.A COMPLETE MARTIAL ARTS KICKBOXING

First two lessons free.  
Then only,  
£5 per lesson,

The Village Hall,  
Jefferstone lane,  
St Mary's Bay,



Mondays 8pm  
onwards, free time!!  
Training/sparing/  
fitness/practice.

Kickboxing classes for all,  
males and females, young and old,  
Burn over 800 cal per hr,  
One of the hardest forms of fighting and  
fitness training. Great for self defence.

Monday's, 6pm - 7pm age 16 and under,  
Monday's, 7pm - 8pm age 16 and over,  
Thursday's 6.30pm - 7.30pm, 16 and over,

For more information,  
go to [www.cmaschools.co.uk](http://www.cmaschools.co.uk)  
or phone Ivon on 07795084010



All instructors are FMA registered,  
Enhanced CRB police checked, fully insured,  
qualified first aid trained, and child protection  
certified.