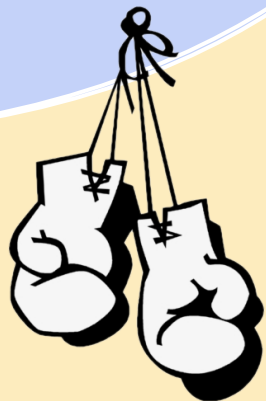




Family Kickboxing sessions for all skill levels



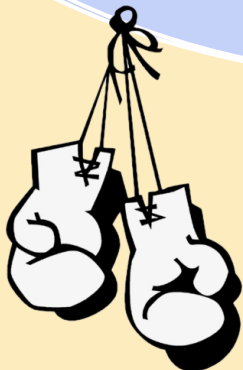
FOREST OF DEAN

Forest Fighting Fit Gym
Parkend

Mini Ninjas: Monday
5:30pm -
Family Class: Monday
6:30pm - 7:30pm
Age 14+: Monday
7:30pm - 8:30pm

Naas Lane Community
Centre, Lydney

Family Class: Thursday
7pm - 8:30pm



WORCESTER

Community Centre, Shap
Drive

Family Class: Tuesday
7pm - 8:30pm

Lyppard Hub

Family Class: Saturday
10am - 11:30am

If your child needs
support in class, you are
very welcome to stay



VARIED SKILLS

Catering to a range of
ages, our kickboxing
classes provide a fun and
engaging environment for
children, teens, and adults
to learn and practice.

We welcome individuals
from all abilities, from
beginners to those with
advanced skills, ensuring
a suitable learning curve
for everyone.

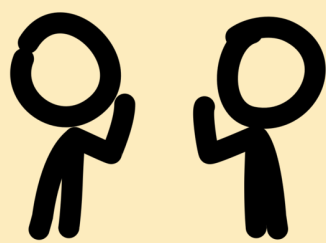


FAMILY FOCUS

Our club emphasizes a
family-friendly
atmosphere where
parents and kids can train
together, strengthening
bonds while staying
healthy.

Families who train
together, conquer, bond
and thrive together.

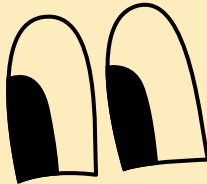
If kickboxing isn't for mum
and dad, you can support
your child in their journey
by cheering from the
sidelines!



PROFESSIONAL COACHES

Our trained and
experienced coaches are
dedicated to teaching
proper techniques,
promoting safety and
fostering a supportive
community.

All coaches are enhanced
DBS checked and First Aid
trained



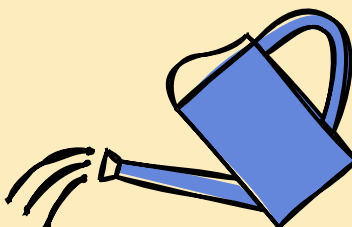
FITNESS BENEFITS

Kickboxing is an excellent
workout that improves
cardiovascular health,
strength, flexibility, and
coordination while also
offering stress relief.



SELF-DEFENSE

Learn valuable self-
defense skills as
kickboxing equips you
with techniques that could
be used in real-world self-
protection situations.



SOCIAL ENVIRONMENT

Joining our kickboxing
club is not just about
exercise; it's also a great
way to meet new people
and be part of a positive
community.