



TAKE CONTROL OF YOUR FITNESS

BEGINNERS WELCOME

**BOOK A FREE
TRIAL LESSON***

**Subject to availability.*

Get Into Martial Arts is a trademark of NEST Management Ltd, Unit 5.2 Wilford Business Park
Ruddington Lane, Nottingham, NG11 7EP. Registered in England 03926678

TAKE CONTROL OF YOUR FITNESS

CLASS DETAILS:

BEGINNERS WELCOME

***BOOK A FREE
TRIAL LESSON****

***Subject to availability.**

Get Into Martial Arts is a trademark of NEST Management Ltd, Unit 3.2 Wilford Business Park
Ruddington Lane, Nottingham, NG11 7EP. Registered in England-03928678