



***50%**
Discount for all
Nottingham City
Residents

Old Basford School

Monday

Children (6+) - 18:15 - 19:15

Adult - 19:30 - 20:30

Sheila Russell Community Centre

Thursday

Family class (6+) - Adults and children - 18:15 - 19:15

All ages and abilities welcome

Your first class is FREE!

Contact Zeek

 open_to_all_kickboxing

Email - open_to_all_kickboxing@outlook.com



*Discount based on monthly membership fee of £32. Subject to change.