



MONDAY / TUESDAY
THURSDAY / FRIDAY
9.30 to 10.30 AM
(start 2/10/25)

WOMEN ONLY MARTIAL ARTS CLASSES

At LondonCombatMMA, we are committed to creating inclusive, women only Martial Arts sessions. To provide a supportive environment for women to enjoy exercise. Whether you're looking to do Kickboxing, Judo, Jiu-jitsu or MMA, these sessions give you a fantastic opportunity to focus on your health and wellbeing in a way that suits you. With dedicated times designed to promote confidence and community, our women-only sessions help you stay motivated, feel confident and empowered whilst moving more.



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