



WOMEN

ONLY CLASSES

Our Ladies Only martial arts classes are tailored for women aged 16 and above who want to improve fitness, lose weight, build confidence, make new friends, and learn effective self-defence techniques.

MON/TUES/THURS/FRI
09:30AM - 10:30AM

To book a class please contact
London Combat MMA Academy on



LondonCombat@gmail.com
www.londoncombatmma.co.uk



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