

SKA KICKBOXING HAMPSHIRE

K1 & KICKBOXING

**AFTER SCHOOL CLASS AT
PARK GATE PRIMARY**

STARTING MONDAY 8TH

SEPTEMBER 2025

3.00 - 4.00PM

£6 A LESSON.

PAY-AS-YOU-GO.

FOR YEAR 3 & ABOVE

EMAIL OR TEXT THE NUMBER

BELOW FOR MORE INFORMATION

& TO BOOK YOUR PLACE:

TEXT: 07858 893128

EMAIL: SKA.FAREHAM@GMAIL.COM

FACEBOOK: @SKA.FAREHAM

WWW.SOUTHERNKARATEASSOCIATION.CO.UK



**PAY AS
YOU GO.
NO DIRECT
DEBITS**

TEACHING

- ✓ Cardio K1 & Kickboxing
- ✓ High energy sport
- ✓ Learn self defence techniques
- ✓ Improve fitness
- ✓ Burn up to 900 calories an hour
- ✓ Beginners always welcome
- ✓ All classes run by professionals