

PKA KICKBOXING

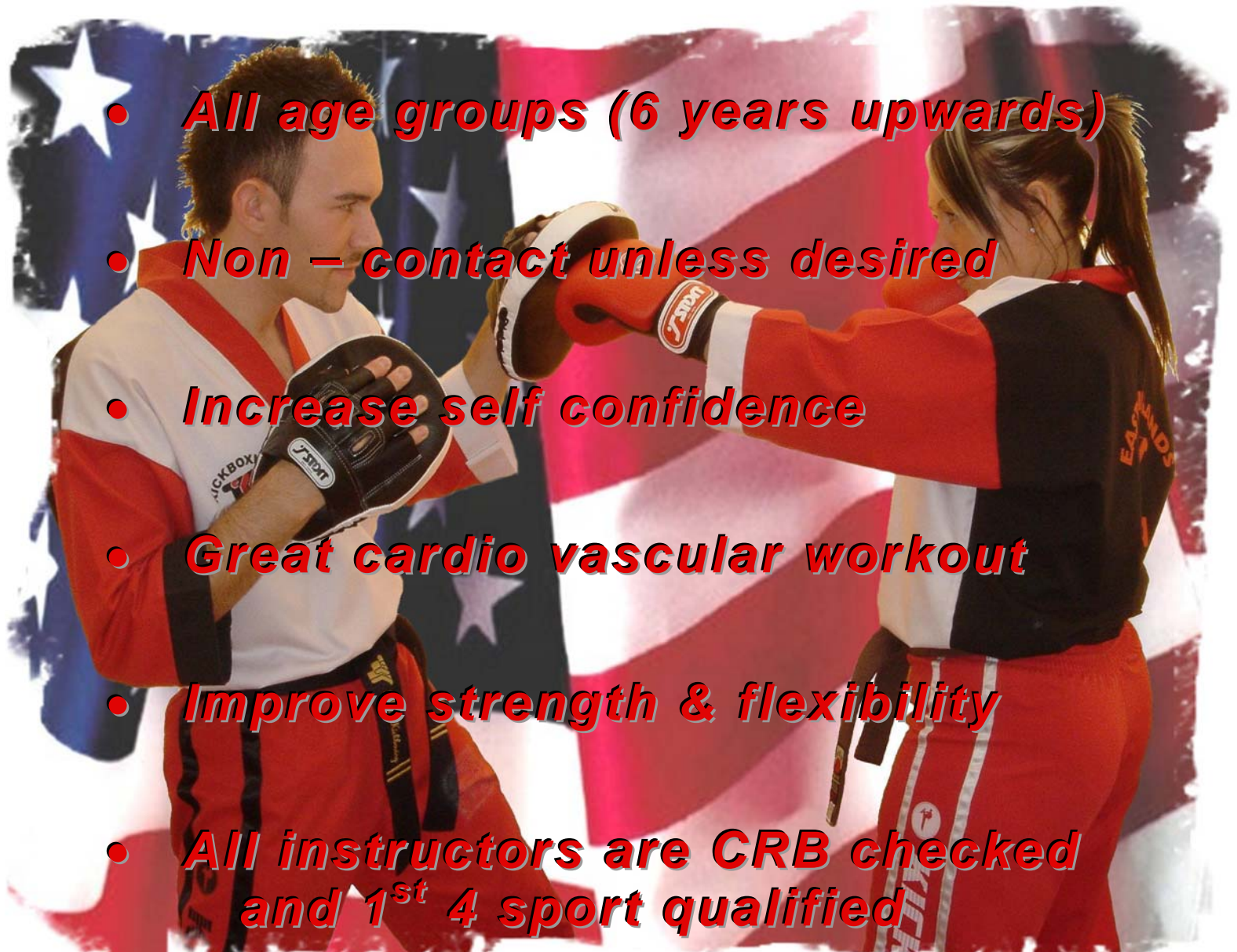
KETTERING

BRAND NEW CLASS STARTING



The Professional Kickboxing Association

**BALANCE HEALTH CLUB
EVERY SUNDAY AFTERNOON
15.00pm till 16.00pm**



- *All age groups (6 years upwards)*
- *Non – contact unless desired*
- *Increase self confidence*
- *Great cardio vascular workout*
- *Improve strength & flexibility*
- *All instructors are CRB checked and 1st 4 sport qualified*

www.pka-kickboxing.com

U.K. Founders of American Sport Kickboxing

**Kids, ladies &
Mixed classes**

PKA Kickboxing classes are recommended by

COMBAT

The U.K's Number 1 Martial Arts Magazine

**To book your free trial class call
Danny Ryland on 07956 054201**