



Eight Waves School Of Martial Arts

Traditional and Practical

Now offers

Kick Boxing Fitness circuits

High intensity interval training for improved cardiovascular fitness, core strength and flexibility.

Moves and techniques based on Thai Boxing are dynamic and challenging and will provide a full body work out.

Time will be taken to provide proper warm up and cool down.



Westcroft School ,
Bideford.

Mondays 6:30-7:30pm

Fridays 6-7pm

£5 per session

New classes in the Barnstaple area coming soon.

For locations and times or any further details contact



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