



# 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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