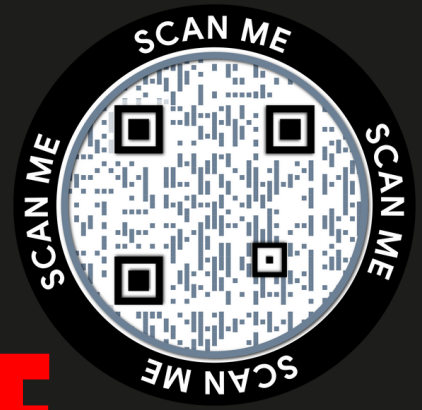




**MAKE
YOURSELF
STRONG
CONFIDENT
SKILLFULL**



WOMEN ONLY BJJ SELF DEFENCE CLASS



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EST. 2021

BRAZILIAN JIU-JITSU

**OUR LADIES BJJ COURSE
RUNS FOR 6 WEEKS YOU WILL
LEARN THE FUNDAMENTALS
OF BJJ WHILE YOU KEEP FIT,
FOCUSED, CONFIDENT AND
MOST OF ALL LEARN TO
PROTECT YOUR SELF!**



**OPEN TO ALL LEVELS AND AGES, WE HAVE
DESIGNED A COURSE SPECIFIC FOR WOMEN
SELF DEFENSE AND LOOKING FOR A FUN AND
FRIENDLY ENVIRONMENT TO LEARN A
TRADITIONAL MARTIAL ART.**