



Progressive Martial Arts
Mixed Martial Arts for Kids

BOOK A
FREE
TRIAL TODAY

KID'S

MARTIAL ARTS FUN & FITNESS

Our Life Skills Programme help Improve:

- Confidence • Respect • Focus • Self Esteem • Discipline
- Concentration • Communication ... *and much more!*

JOIN OUR

MINI NINJAS
5 - 7 years (Y1 & 2)

JUNIOR DRAGONS
7 - 11 years (Y3,4,5 & 6)



VENUE:

BARROW HEDGES PRIMARY

FRIDAYS KS1 3:15pm – 4:15pm

FRIDAYS KS2 4.30pm – 5.30pm

15/4/24 – 12/7/24

Limited Spaces

£104 per Term £25.99 per month

SCAN & BOOK
a Martial Arts & Fitness
class for your school!



Members of the



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www.progressivebmaba.co.uk



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"Specialist in teaching Martial Arts for children from 5 to 11 years"