

PERSONAL SAFETY & SELF-DEFENCE COURSE

Women & girls only aged 13 and over

No upper age limit!



WHEN:

Every Saturday

10.00am – 12.00pm

From 20th Jan to 24th Feb 2024

WHERE:

Tottenham Community

Sports Centre

701-703 High Road

London N17 8AD

COST: FREE (limited spaces)

A £12.00 deposit is required to secure your place, on the course, which will be returned at the end of the course.

Terms & Conditions Apply. To book your place on the course or for more information, please contact Sev by emailing her the code: HARSELFDEFENCE: info@sevnecatitraining.com

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