

MARTIAL ARTS AT BARROW HEDGES PRIMARY



Progressive Martial Arts

Mixed Martial Arts for Kids



**Only £22* per month.
Call or Email now to
reserve your place!**

*joining fee applies

ABOUT OUR CLASSES

MINI NINJAS 5-7 YEAR OLDS & JUNIOR DRAGONS 7-11 YEAR OLDS
ALL STUDENTS WORK TO OUR MIXED MARTIAL ARTS CURRICULUM
& CAN TAKE GRADING EXAMS FOR THEIR COLOURED BELTS. ALL
OUR INSTRUCTORS ARE MEMBERS OF THE BRITISH
MARTIAL ARTS AND BOXING ASSOCIATION.
ALL OUR LESSONS ALL BASED AROUND HAVING
FUN AND OUR STUDENTS LEARN THROUGH GAME
RELATED PLAY.

WHAT WE OFFER

Improvements in:
Confidence-Self-Esteem
Concentration-Fitness
Flexibility-Social Skills
Self Defence Skills-Awareness
Discipline-Coordination
Delivering Lessons in Primary
Schools throughout Sutton &
Merton

Members of the



BRITISH MARTIAL ARTS
& BOXING ASSOCIATION
TO HIGH PLACES BY NARROW ROADS

**E: progressive.bmaba@gmail.com
w: www.progressivebmaba.co.uk
T: 02086426080**

TUESDAYS - YEARS 1, 2 & 3 AFTER SCHOOL UNTIL 4.15PM

FRIDAYS - YEARS 4,5 & 6 AFTER SCHOOL UNTIL 4.20PM

STARTS W/C 14TH JAN TO W/E 29TH MARCH

LIMITED NUMBERS APPLY

NEW STUDENTS RECEIVE 2 FREE SESSIONS