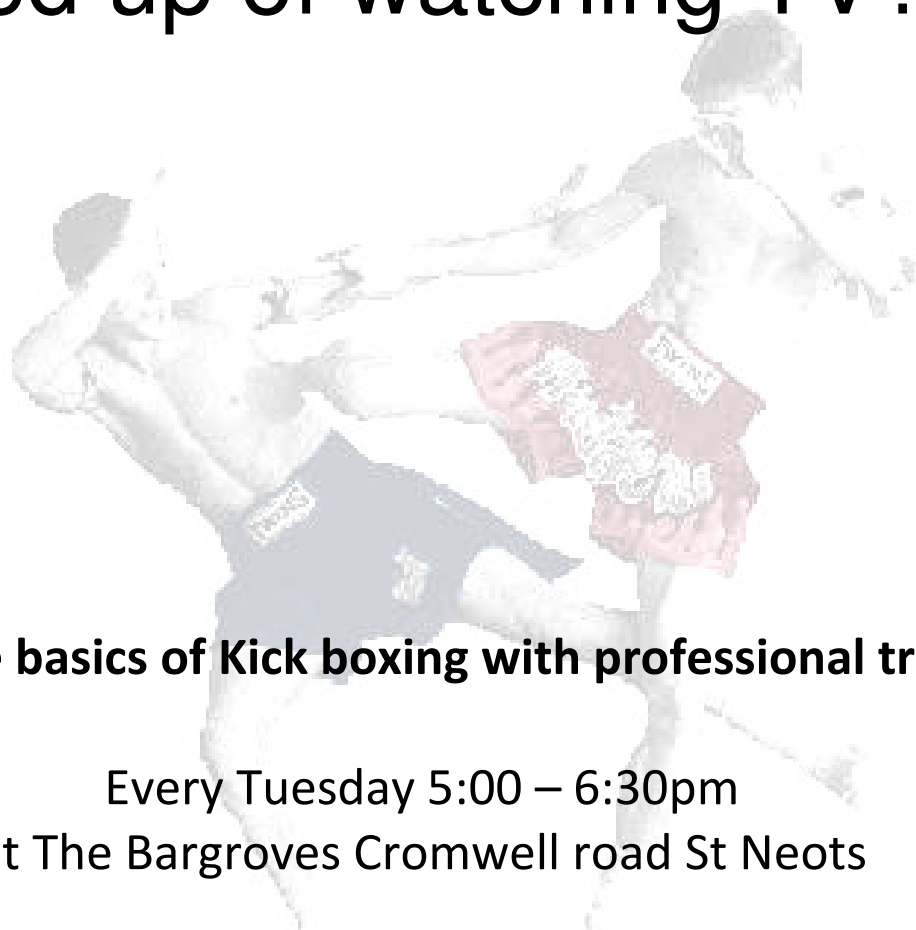


Fed up of watching TV?



Learn the basics of Kick boxing with professional trainers

Every Tuesday 5:00 – 6:30pm
at The Bargroves Cromwell road St Neots

KICK boxing as a sport is widely practised all over the world.

This training session will be completely non-contact, using pads and working in pairs. It is an excellent way to make new friends, relive stress, gain confidence, and improve your fitness.

The sessions are FREE, but spaces are strictly limited, so if you are aged 12 - 19, male or female, pop in to the youth centre for more information and join in the adventure.