

Nu-Breed Training Consultants



Ages 7 - 15

Nu-Breed Training Consultancy looks to offer its classes to help tackle the following areas;

- Boredom
- Self Discipline
- Low self Esteem
- Fitness issues (such as obesity or low energy)
 - Team building
- Develop self defence & awareness

FREE Fitness & Martial Arts Workshop for ages 7-15

Classes & Registration will be held at Poets Corner hall starting Saturday 22nd November.

Body Toning, Aerobics, Improved Endurance, More Energy, Learn Self Defence, A chance to take part in FUN activities with other children while getting fit!

(Spaces are limited)

If you are interested in being in this class, sign on your full name and your parents contact number on the register sheet.

For further details, contact
Jide Pitan On;

07957 974567

Email: [nu-breedtraining@o2.co.uk/](mailto:nu-breedtraining@o2.co.uk) nu-breedconsultants@yahoo.com

Website [www.nu-breed training.com](http://www.nu-breedtraining.com)

Tel: **07957 974567 / 0203 1752176**