



VALOR PRECISION COMBAT

LEARN THIS DYNAMIC MARTIAL ART: -

- ❖ Strengthen confidence!
- ❖ Develop self-defence!
- ❖ Enhance co-ordination!
- ❖ Keep fit!

The concept incorporates a fusion of Martial Arts techniques sourced from Ju Jitsu, Jeet Kune Do, Wing Chun Kung Fu, Muay Thai and Filipino Martial Arts, alongside realistic fight training.

CLASS TIMES: -

Thursdays (opening 10th January, 2019)

6.00pm-7.00pm — Juniors (aged 4yrs-15yrs)

7.00pm-8.00pm — Adults (aged 16yrs+) and Adult Adaptive for mobility disabilities (aged 16yrs+)

8.00pm-9.00pm — Women's Only (aged 16yrs+) and Women's Only Adaptive for mobility disabilities (aged 16yrs+)

Sundays (opening 13th January, 2019)

2.00pm-3.00pm — Juniors (aged 4yrs-15yrs)

3.00pm-4.00pm — Adults (aged 16yrs+) and Adult Adaptive for mobility disabilities (aged 16yrs+)

4.00pm-5.00pm — Women's Only (aged 16yrs+) and Women's Only Adaptive for mobility disabilities (aged 16yrs+)

Venue: -

Darwin Community Centre,
Frankwell,
Shrewsbury,
Shropshire,
SY3 8JS.

FIRST
SESSION
FREE!

BOOK YOUR PLACE NOW!

For further information please contact: -

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