



# MMARAP



**MMARAP PRESENTS SUPER TUESDAY SESSIONS**

**COME AND LEARN MMA/SELF DEFENCE**

**MEET NEW FRIENDS**

**BUILD CONFIDENCE**

**GET EMPOWERED**

**POSITIVITY AND PLENTY OF FUN**

**All coaches are DBS approved**

**Monthly fee:**

**£25- up to 3 sessions a month**

**£30- up to 4 sessions a month**

**Pay as you go:**

**£10 for non-members**

**£8 for students & unemployed**

**EVERY TUESDAYS STARTING FROM TUES 22ND JAN**

## **SESSIONS**

- **WOMEN'S ONLY 1PM - 2PM TAUGHT BY A FEMALE COACH**
- **KIDS (6 YEARS -14YEARS) 4.30PM - 5.15PM**
- **NON DISABLED, DEAF/BLIND AND DISABLED - 5.30PM - 6.30PM**
- **INTERMEDIATE FROM 6.45PM - 7.45PM**

## **ANNUAL MEMBERSHIP FEE:**

**ADULTS £30, KIDS £25  
MOUTH GUARD, MMARAP  
T SHIRT OR CAP/BEANIE HAT,  
10MINS 1-2-1 CONSULTATION,  
NEWSLETTER**