

**MMA, KICK-BOXING**

**GRAPPLING, BOXING, PAD WORK**

**SPARING, CONDITIONING**



**Hornets Nest (Rapid Combat)**

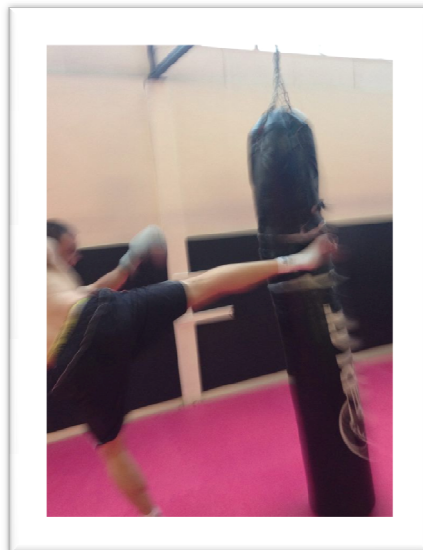
158 High St North  
Dunstable LU6 1LW

(Next to Esso/Tesco Express formally Iron Bodies UK)

Paul on 07900 587627

Errol on 07909 683331

- **Build your Confidence, Fitness and Self-Esteem**
- **Develop your Physical & Mental Conditioning**
- **Learn Practical Self-Defence and Fighting Skills**
- **All in a Safe & Friendly Environment**
- **All Fitness Levels Welcome**



**Join us at our venue in Dunstable every Thursday from 6.30pm to 8.00pm (18+) men/women for a 90 minute session at £6.00 per session.**

**First Lesson Free - Initially all equipment is supplied , wear suitable clothing and bring water.**

**Contact Paul on 07900 587627 or just come along and join us .**

<https://www.facebook.com/Rapidcombatmma>

<http://www.kickboxing-luton.co.uk/>