

NEWPORT MAFC MARTIAL ARTS ADULT'S CLASSES

Kickboxing & Taekwon-do

The martial arts that will give you discipline, confidence, self esteem, improved fitness, self defence skills and new friends along the way!

1st
LESSON
Free

Kickboxing

Classes:

Adult Beginners

Tuesday & Thursday

7pm-8pm

Wednesday

7pm-8.30pm

Saturday 12pm-1pm

Taekwon-Do

Classes:

Adult Beginners

Monday 7pm-8.30pm

Wednesday 7pm-8.30pm

Thursday 6pm-7pm

Friday 6pm-7pm

Martial Arts & Fitness Centre

135 - 137 Chepstow Road

Maindee, Newport

South Wales

NP19 8GE.

For a full range of classes
please contact us on

01633 222260

or visit our website below:

www.mafcmartialarts.com



NEWPORT MAFC MARTIAL ARTS CHILDREN'S CLASSES

Little Dragons (4-5yrs)

A fun filled class to give your children the best head start in life.

Life skills for 4-5 year olds. Discipline, Focus, Respect, Confidence, Stranger Awareness, Balance, Co-ordination.

These popular classes have limited spaces, so please call or email to book

Class times:

Tuesday, Wednesday & Thursday 5pm-5.45pm
Saturday 1pm-1.45pm

Taekwon-do and Kickboxing

The martial arts that will give you discipline, confidence, self esteem, improved fitness, self defence skills and new friends along the way!

Children's Beginners Taekwon-do (6yrs+)

Monday, Wednesday, Thursday and
Friday 5.00pm - 6.00pm
Saturday 1.00pm - 1.45pm

Children's Beginners Kickboxing Tigers (6-10yrs)

Monday, Tuesday and
Wednesday 5.00pm - 6.00pm
Thursday 6.00pm - 7.00pm
Saturday 11.00am - 12.00pm

Teenager's Beginners Kickboxing Cobras (11yrs+)

Monday, Tuesday and
Wednesday 6.00pm - 7.00pm
Saturday 11.00am - 12.00pm

All full instructors are CRB checked and first aid trained.

Contact the MAFC on

01633 222260

or email: gary.gassor@ntlworld.com

Martial Arts & Fitness Centre

135 - 137 Chepstow Road,
Maindee, Newport, South Wales NP19 8GE.



**1st
LESSON
Free**

www.mafcmartialarts.com