

# HJS Buzzfeed



Thursday 4<sup>th</sup> March 2024

## Women's Self Defence



Every Saturday at  
The Hampton Hub!

**BOOK  
YOUR SPOT  
NOW!!**

10.30 TO 11.30AM

*Learn practical,  
effective skills every  
week & have fun  
doing it.  
18 yrs up*

TEXT 07540 856489  
ladiomarismari@gmail.com

£10 per class  
£8 concessions

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