

WOMEN'S BRAZILIAN JIU JITSU



ARTEMIS BJJ WOMEN'S COURSE

LEARN NEW SKILLS FROM A PRACTICAL AND ENJOYABLE
MARTIAL ART IN A SAFE AND SUPPORTIVE GROUP.

WEDNESDAYS **18.25-19.25PM**

5 WEEK BEGINNERS COURSE, STARTING 1ST MARCH
£25, MUST PRE-BOOK. LIMITED SPACES.

MYGYM, BRISTOL SPORTS CENTRE, DEAN STREET BS2 8SF

- No punching or kicking, just using the body's leverages
- Wrestling and submissions, the groundwork aspect of MMA
- Women of all abilities welcome, very sociable
- Extremely fun, great for confidence and self defence

WWW.ARTEMISBJJ.COM/WOMEN INFO@ARTEMISBJJ.COM