

Healthier Hertsmere

Kickboxing taster sessions

Want to try getting into kickboxing
but don't know where to start?

Now's your chance to begin,
no experience needed, just come!

Adults only.

Wear appropriate clothing!

Windsor Hall, Blythe Close,
Borehamwood, WD6 4EE

Wednesdays
7pm - 8.30pm

Starting 18 March for six weeks

Free sessions!

For more information, please email
health.wellbeing@hertsmere.gov.uk
or call 020 8207 7801

