

Self Defence Classes – Exeter

Third of Four

Thursday 9 December 2021
Arrive at 4pm for a 4.15pm start time
Good Vibes Gym and Studio, Marsh Barton Road West,
Exeter EX2 8PN
Registration Deadline: Friday 3 December 2021



[@WiP_SW](https://twitter.com/WiP_SW)



[Women in Property
South West](https://www.womeninproperty.org.uk/south-west)

Join us for a four-week streetwise, self-defence class at Good Vibes Gym and Studio at Marsh Barton, Exeter. These classes are designed to be fun and confidence boosting, with no previous experience necessary.

The classes will be taught by Alex Thomas, who is a personal trainer and has extensive martial arts training.

Each 45-minute class will cover awareness, avoidance, making space and evasion along with basic self-defense moves if physical action has to be taken. You are able to register for either an individual class or for all four sessions. Wear comfy, loose-fitting clothing.

In order to ensure your safety, there are limited spaces on this class, so book early to avoid disappointment.



Event organiser: Sophie Endacott
 Tel: 07709 502 757
 Email: Sophie.endacott@eu.jll.com
 Registration queries: booking@womeninproperty.org.uk

Event Name:	Self Defence Series 3 of 4	Code:	SWIP091221
Type:	Fitness	Location:	Good Vibes Gym and Studio
Date:	9 December 2021	Time:	4pm
Cost:	Member £5	Non-Member	£6.50
If you would like to see our privacy/GDPR statement, please click here			

To book: -

- Members – Book and pay via the [Women in Property App](#)
- Or
- Members & non-members – [click here to submit your details](#)

No refunds for cancellations or non-attendance

If Members would like to update their contact email address on the membership database, please email details to membership@womeninproperty.org.uk