



**CLIFTON**  
KICKBOXING

[www.cliftonkickboxing.co.uk](http://www.cliftonkickboxing.co.uk)

Improve your fitness, coordination  
and self confidence –  
**feel the benefits in weeks!**

Come and join Clifton Kickboxing and train under a World Class Kickboxing Champion with over 20 years experience. Our classes are fun, friendly and provide a great environment for absolute beginners right through to experienced kickboxers.

**CLASS FORMAT**

**CIRCUIT TRAINING**

To improve your strength, fitness level, muscle tone and endurance.

**STRETCHING**

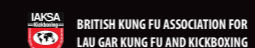
To improve your flexibility and muscle strength.

**KICKBOXING & SELF DEFENCE**

To improve your confidence, skill and coordination.

**SENIOR INSTRUCTOR  
JAY BHART**

- Member of British Squad
- Bronze Medalist World Championships
- NSCSL Senior Grand Champion
- National Team Champion



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KICKBOXING

Clifton College Sports Centre  
Guthrie Road  
Clifton, Bristol BS8 3EZ

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Email: [jay\\_bhart@hotmail.com](mailto:jay_bhart@hotmail.com)

**Classes every Thursday**  
**7pm - 8:30pm**  
**Clifton College**

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