



harpers

# Pro Mai Self Defence School

**Violent Crime up 12%, don't be a victim!**

Join now and become Safer, fitter and more confident in just one month!

Adults and Children's classes available - age 5 to 65!

[www.promai.com](http://www.promai.com)



By: [www.Art-Seekers.com](http://www.Art-Seekers.com)



**When?** Wednesday 19.45 - 20.45

**Where?** The Barcelona Suite, The Olympic Lodge,  
Stoke Mandeville Stadium.

**Discount for Harpers Members -**  
please ask for details or call 01296 630897

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