



Starting
1 June

Self Defence for girls + women



Join our weekly self defence classes for women and girls, with Imogen.

Mondays 4:45pm to 5:45pm
Easton Community Centre

£2 per person, please book in advance, call 0117 954 1409 or email contact@upourstreet.org.uk

Imogen Thomas is a highly experienced martial arts and self-defence instructor. She is a feminist self-defence trainer, known for conducting workshops for women, focusing on practical techniques, situational awareness, and empowering women to stay safe from harassment