Free Self-defence Classes at Chelsea Theatre

13 Jan-31 March, every Wednesday

Women-only session: 5.45-6.45pm
Mixed-gender session: 7-8pm

Build confidence, get moving and learn practical self-defence skills in our free 12-week programme for adults aged 18 and over living in Chelsea Riverside and Stanley wards.

Led by Ryan Fleury, who brings 26 years of martial arts and coaching experience, sessions combine fitness, strength and mobility with practical techniques and exercises based on everyday situations.

We want everyone who takes part to develop physical confidence in a welcoming, supportive environment. There are women-only and a mixed-gender sessions and a female assistant will support both classes.

SIGN UP