

# GET IT GIRL

## SELF DEFENCE CLASS



Want to know the basics of self defence?

Get it Girl will ensure that you feel ALWAYS PREPARED

This class will equip you to be aware of your surroundings, provide the necessary skills to protect yourself and develop your fierce inner QUEEN!

**BRING THIS FOR 10% OFF CLASSES**

Classes are 1<sup>st</sup> Saturday of every  
month

**ALWAYS PREPARED**

123 Smith Street Collingwood

10 am – 2 pm

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[www.getitgirl.com.au](http://www.getitgirl.com.au)