ADRENALINE MARTIAL ARTS

ADRENALINE CHEERLEADING ACADEMY

DRY DRAYTON
CAMBRIDGE



# *Their first class is free.*

Karate and cheerleading for children and teens in Dry Drayton, just outside Cambridge.
**Complete beginners welcome.**

## *Adrenaline Martial Arts*

*Confidence, built one belt at a time. Led by Kyoshi Lee G. Nash, 7th Degree Black Belt.*

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| **Lil'Dragons**<br>AGES 3–4 · WITH A PARENT | Wednesdays<br>**4:00–4:30pm** |
| **Kids Karate**<br>AGES 4–11 | Monday to Friday<br>**4:45–5:25pm** |
| **Teen Karate**<br>AGES 11+ | Tuesdays & Thursdays<br>**7:00–7:40pm** |

*Book a free trial*
**adrenalinedojo.co.uk**
07946 490521

## *Adrenaline Allstar Cheerleading*

*Their time to shine starts here. Led by Head Coach Lydia Nash, with friendly, encouraging coaches.*

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| **Cheerleading**<br>AGES 4+ | Mon, Wed & Fri<br>**4:15–5:00pm** |
| **Teen Cheer**<br>AGES 11+ | Wednesdays<br>**6:30–7:15pm** |
| **Tumbling** | Mon 5:00–5:45pm<br>**Thu 4:15–5:15pm** |
| **Toddler Tumble**<br>AGES 2+ | Tuesdays<br>**9:30–10:15am** |

*Book a free trial*
**adrenaline-tryout.co.uk**

- **Home of National, European and World Champions** in both sports
- Adrenaline Martial Arts **est. 1992**, Adrenaline Allstar Cheerleading **est. 2014**
- **Enhanced DBS-checked,** first-aid trained and insured instructors

Adrenaline Academies · Dry Drayton Industries, Scotland Road, Dry Drayton, Cambridge CB23 8AT