

Muay Thai

Are you in recovery from
substance use or do you have
a loved one who is?

Empower,
Strengthen,
Learn self
defense
& Build
Confidence



This is a free class for our members:
Get in touch to join the community!



TUESDAYS
3.30-4.30PM

Toby's Gym, Botany Mill,
Roxburgh Street, Galashiels

www.bordersinrecovery.org

BOOK NOW

