



Come join our free self-defense classes and experience the fun and camaraderie of group exercise.

See you soon!

When: Weekly starting Thursday, March 12, 2026.

Time: 11:00 AM - 12:00 PM.

Location: Servicecenter XL in Leidschenveen.

Target group: Adults aged 40 and older.

Where: Harriët Freezerhof 201, 2492 JC The Hague.

Cost: Free (bring a good mood 😊)

Requirements: Indoor shoes, sportswear, bottle of water.

The classes are completely safe, and everyone can participate at their own level. The classes, based on Aikido, are led by instructor Alexander Eerhart.

Want to learn practical techniques to increase your resilience and endurance? Feel better about yourself? Want to gain more energy in everyday life? Then sign up quickly with the Buurtsportcoach. You'll want to be there!

Register by email: [jeffrey.vandijk@bewegenwerkt.nl](mailto:jeffrey.vandijk@bewegenwerkt.nl)