



Self Defense & Fitness for All Ages Ladies / Kids Mixed Classes

Monday 7.45 pm for Ladies
Tuesday 4 pm Kids Martial Arts
Thursday 4 pm for All
Wednesday 7.45 pm for All
Sunday 8.30 am for All

Kids Martial Arts

Our kids martial arts program is designed to develop their self confidence, self esteem and their neuromotor skills in a fun and interesting way. We aim to teach non-lethal self defense techniques from our anti-bullying program, which are focused on asserting oneself, controlling the opponent and escape, as well as engaging our students in fun games that are designed to improve their awareness, coordination and endurance. This class will provide an extremely enjoyable and valuable experience for your child in a safe environment, conducted by an experienced and internationally certified instructor.

Ladies Self Defense Class

Our ladies self defense program combines basic self defense with functional fitness to provide you with the tools you need to both survive a potentially dangerous situation and to enhance your mobility, strength and endurance. The techniques taught in this program are specifically geared towards ladies, and will help develop your body, mind and spirit in a manner that will ensure that you will never give up, be calm under pressure, make quick decisions and survive.

Adult Mixed Class

Our Martial Arts class provides you with a variety of skills to further develop your martial arts ability and physical attributes. The techniques that will be taught in this class are derived from several different martial arts from different parts of the world, and will provide techniques, drills and strategies to deal with opponents in all ranges of combat. The classes are conducted in a fun and interesting manner, allowing for the exploration of the various aspects of speed, skill, power and mindset. Absolute beginners who wish to begin their journey as well as experienced martial artists who would like to expand their repertoire are welcome to join us.

pranalounge.lk Holistic Health Center

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Info / Bookings 268 4808 / 076 557 5556