<table cellspacing="0" cellpadding="0" border="0" align="left" style="width: 700px; height: 598px;"> <tr> <td rowspan="3"></td> <td height="50">
  Please find classes of Systema in the London area that best suit for you.
  <table cellspacing="0" cellpadding="0" border="1" align="center" style="width: 480px;"> <tr align="center"> <td width="135"> Day Of The Week
</td> <td> Location</td> <td> Time</td> </tr> <tr align="center"> <td>Monday</td> <td>Fitness First Liverpool Street</td> <td>from 19.15 to 20.45
</td> </tr> <tr align="center"> <td>Tuesday</td> <td>Fitness First Mansion House </td> <td>from 19.15 to 20.45
</td> </tr> <tr align="center"> <td>Thursday</td> <td>Fitness First Liverpool Street</td> <td>from 19.15 to 20.45</td> </tr> <tr align="center"> <td>Weekend</td> <td>Brighton</td> <td>Coming soon
</td> </tr> </table>
  Click on Location to see details.
  <table cellspacing="0" cellpadding="0" border="1" align="center" style="width: 480px;"> <tr align="center"> <td width="135"> Day Of The Week
</td> <td> Focus On</td> </tr> <tr align="center"> <td>Monday
</td> <td>General training</td> </tr> <tr align="center"> <td>Tuesday
</td> <td>General training</td> </tr> <tr align="center"> <td>Thursday
</td> <td>Combative aspects</td> </tr> <tr align="center"> <td>Weekend
</td> <td>call Uldis for details</td> </tr> </table>
  <table cellspacing="0" cellpadding="0" border="0" align="center" style="width: 400px;"> <tr> <td>Private individual or group tuition is available.
A venue will be provided. Newcomers or current Systema practitioners are welcome. A wide range of subject matter can be covered on request.
For further information, please contact Giuseppe Filotto on
+44 (0)7788 796 035 or via email at gf@wayofsystema.com</td> </tr> </table>   </td> </tr> </table> 404 - ////Ru-CENTER   //////// ////
/ ///////////   //////////, / ///////// // ///: <ul> /////// /// ////////.
///// //////// /// /// //// ///// /// ////. /////// // ////////////// //////// ////////.
///// ////////// ////, ///// ///// / //// ///   ///// / ////   var mathrand = Math.floor(Math.random()*99999999999); document.write ("");