



NEW! WTF TAE KWON DO



NEW - TAE KWON DO CLASSES FOR ALL AGES AND ABILITIES FROM 8 years – 80 yearsand beyond!

Train in a Family Friendly Environment

Starting Monday 14th September 7pm – 8.30pm
at

Parmiter's Sports Centre, High Elms Lane, Garston,
WD25 0UU

First Session FREE!!!!



A fresh approach to keeping fit – Tae Kwon Do is about learning to discipline your mind as well as your body and will help you to develop mentally as well as physically

Potential to compete in tournaments – Olympic Sport

Female 2nd Dan Instructor – Former National Sparring Champion

Adults - £5.00 Children - £3.50

For more information and to book your free taster session, contact Lorraine Leventis on 01923-270724 or e-mail: leventistaylor65@talktalk.net