



KARATE CLASS

AT COURT LANE JUNIOR SCHOOL

FOR MORE INFORMATION & TO BOOK
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**EVERY
MONDAY**
5.00-6.00PM
&
**EVERY
TUESDAY**
3.30-4.30PM
£7 A LESSON

WHAT TO EXPECT

- ✓ Self Defence
- ✓ Confidence
- ✓ Increased Flexibility
- ✓ Fitness
- ✓ Improve Self Confidence
- ✓ Discipline
- ✓ Fun

WWW.SOUTHERNKARATEASSOCIATION.CO.UK
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