

Classes



Martial arts

Aikido

Age 16+

Tuesday 8.00pm

Thursday 8.00pm

Aikido is a very effective martial art for both men and women (aged 16+) based on co-operation not competition, to develop fitness, awareness and confidence

Contact 01388 774002 for further information

Jujitsu

Age 5+

Thursdays 6.00pm – 8.00pm

The ultimate self defence martial art which has been developed to teach young children how to defend themselves. All classes promote fun and enjoyment through different games whilst practising the ancient martial art of JUJITSU

Beginners welcome, first session **FREE**

Reductions available for family groups

www.leedssamuraimartialarts.co.uk

Taekwon-do

Age 5+

Monday 7.00pm – 8.00pm

Friday 7.00pm – 8.00pm

A dynamic and powerful Korean martial art, get fit, improve flexibility, learn self discipline, improve self confidence, learn self defence and improve balance and co-ordination

FREE first session, **FREE** suit and **FREE** membership

Contact 07854695808