

# MARTIAL ARTS, FITNESS, FLEXIBILITY & SELF-DEFENCE

合氣道



## PORTSMOUTH & FAREHAM (HAMPSHIRE)

Japanese martial art of self-defence which is ideal for all ages and all levels of fitness.

**WWW.KENSHINKAI.ORG.UK**

- |                        |                |
|------------------------|----------------|
| ☯ FIRST CLASS FREE     | ☯ BALANCE      |
| ☯ BEGINNERS WELCOME    | ☯ FLEXIBILITY  |
| ☯ LOW IMPACT AVAILABLE | ☯ FITNESS      |
| ☯ DISCOUNTS AVAILABLE  | ☯ MUSCLE TONE  |
| ☯ AFFORDABLE CLASSES   | ☯ CONFIDENCE   |
| ☯ NO HIDDEN COSTS      | ☯ COORDINATION |

Japanese martial art. Adults and Juniors are taught a range of moves and techniques that are based on self-defence which can also aid weight loss, increase fitness and stamina, improve balance and develop self-confidence.

### \* PORTSMOUTH 7+

Admiral Lord Nelson School  
Friday 7.00pm - 8.00pm  
Sunday 10.00am - 11.00am

### \* PORTSMOUTH 16+

Admiral Lord Nelson School  
Friday 8.00pm - 9.30pm  
Sunday 11.00am - 12.30pm

### \* FAREHAM 16+

Fareham Leisure Centre  
Wednesday 8.00pm - 9.30pm

COME ALONG AND WATCH A SESSION AND/OR TAKE PART IN YOUR  
FIRST SESSION FOR FREE

ALL INFORMATION IS AVAILABLE ON OUR WEBSITE  
(PLEASE CHECK CANCELLATIONS PAGE BEFORE ATTENDING CLASSES)

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