

# 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](http://WWW.KENSHINKAI.ORG.UK)

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

**\* 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

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.

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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