

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 <u>MONTH</u> 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)