

INSTRUCTOR ANNE HASTINGS – DOCKRAY

6th Dan IJKA SKI NAKMAS

Former World European and British Champion

CRB & First Aid Certification

Over 30 years of teaching experience

KARATE BEGINNERS CLASS

HERE

AT THE KNARESBOROUGH HEALTH CLUB

TUESDAY 11th SEPTEMBER

FOR ADULTS 12 YEARS AND OVER

7.00PM TO 8.00PM

@ £7.00 PER 1HR LESSON

OR

£42.00 FOR COURSE OF 6 LESSONS

INTERESTED CONTACT ANNE

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