

# KARATE SELF-DEFENCE & FITNESS BEGINNERS CLASSES



**FREE**  
INTRODUCTORY  
LESSON

**Starting  
on  
8.9.16**

**SPECIAL  
BEGINNERS**

Kids 5-12,  
Teens,  
Adults,  
Families  
welcome

## PUCKERIDGE

Every Thursday from 6.30pm for Juniors and Adults at the  
Ralph Sadleir School, Station Road, Puckeridge  
Hertfordshire SG11 1TF

**PHONE NOW TO BOOK YOUR PLACES  
HURRY!! LIMITED SPACES AVAILABLE  
0845 0542707**