

TAEKWONDO

Taekwondo Classes Come and get fit through self-defense!

Join our fun and energetic Taekwondo class. We take all students from the age of 5 (Mums and Dads are welcome to join as well, if they wish!).

Taekwondo is an Olympic sport and is good for fitness, balance, co-ordination and flexibility. Classes are based on self-defence and fitness, which are good for building confidence and flexibility.

When: Saturday 09.30 - 11.00.

Where: The KS1 hall at Highcliffe St. Mark Primary School

What to wear: Comfortable clothes. For example, jogging bottoms, T-shirt and bare feet.

If you are interested in a free trial please text Mary on 07460632021 and she will call you back with more information.