

WHY DO JUDO?

- **Fitness & Flexibility**
- **Strength**
- **Discipline & Behaviour**
- **Self-defence**
- **All abilities / disabilities**
- **Co-ordination**
- **Respect**
- **Confidence**
- **Friendship**
- **FUN**

NEW CLASSES STARTING NOW

<i>Age</i>	<i>Mondays</i>	<i>Thursdays</i>
5-13 years	6.30pm - 7.45pm	6.30pm - 7.45pm
14+ / Adults	8.00pm - 9.00pm	6.30pm - 7.45pm

Classes from under £2.00

STOKENCHURCH COMMUNITY CENTRE



stokenchurchjudo.com