

Glenroy Neighbourhood learning centre

5 Cromwell St. Glenrov Ph 93043910

THE MARTIAL ARTS

COMBO

Aerobics with Martial Arts movement

Learn basic martial arts movements with music

Judo, boxing, aikido, karate

Children and Families welcome

Martial arts improve balance and co-ordination.

Learn to avoid, divert, redirect and ride the forcein motion without fighting

Yoga asanas are incorporated in the stretches and limbering of the body

Fabulous Fun whilst experiencing martial arts with music



Cost \$10/ \$8 concession
Discount on purchase of 4
classes or family.....parent/
child

Don't mess
with this body
image

Saturday 9.15am

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