



VERAS ACADEMY BOW KARATE - DO

Build your: Confidence Self-Discipline Mobility and Motivation

Veras Academy Bow

Starting Sunday 29th April 2018



Martial Arts Fitness for all ages

Self-Defence Weight Loss
Confidence Fitness

Join a warm, family friendly and professional community in group classes.

KARATE CLASSES FOR ALL:
WOMEN & Girls
and
CHILDREN AGED 5+

£6.00 per session
booked in blocks of 10 = £60
paid in advance

FIRST CLASS FREE

Sundays 11.30 a.m. – 12: 30p.m



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To leave a message visit:

Links:

<https://www.facebook.com/verasacademybow/>

Affiliated to the Veras Academy Association a member of the:

