

Ever wanted to learn a martial art?

Then join our Aikido beginners class in Upper Hutt!

Aikido is a fun, non-competitive style that teaches self-defence and confidence while improving fitness and coordination.

Aikido does not rely on strength or speed and is suitable for people of all ages and backgrounds.

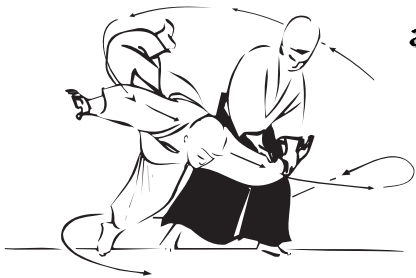
This class will teach the basics and is aimed at men and women 12 years and over who are new to Aikido.

Class time - Wednesdays 6.30 pm to 8.00 pm

Cost - \$50 for 10 classes

Enquiries and bookings - Alison 0275 343872 or Mrs Leigh 04 5277723
or email info@huttaikido.org.nz

Visit us at www.huttaikido.org.nz



合気道