



2019 CLASSES	
MONDAY	19.15pm - 8.30pm FAMILY AIKIDO - Children & Adult Class
	8.30pm - 10.00pm AIKIDO - Adult Class
TUESDAY	8.00pm - 10.00pm AIKIDO - Adult Class
	4.30pm - 5.30pm Aiki-Robics - Adult Class
WEDNESDAY	10.30am - 12.00noon AIKIDO FOR DISABLED
	4.30pm - 5.30pm Aiki-Robics - Adult Class
THURSDAY	10.30am - 12.00noon AIKIDO FOR DISABLED
	4.30pm - 5.30pm Aiki-Robics - Adult Class
FRIDAY	10.30am - 12.00noon AIKIDO FOR DISABLED
	4.30pm - 5.30pm Aiki-Robics - Adult Class
SATURDAY	10.30am - 12.00noon AIKIDO FOR DISABLED
	4.30pm - 5.30pm Aiki-Robics - Adult Class
NO CLASSES	
SUNDAY	

SEASONAL GREETINGS AND A HAPPY 2019

Thank you for your support
throughout 2018.

I look forward to your continued
enthusiasm during the New Year.

Adrian Tyndale

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