

AIKIDO

In Bray Starts Wednesday March 4th



AIKIDO

Is a non-competitive Japanese Martial Art for Flexibility, Coordination, Relaxation and Self-Defence

INSTRUCTOR

Joe McHugh 4th Dan Aikido Aikikai

WHERE

O'Rahilly Hall, Church Terrace (off Main Street), Bray

WHEN

18.30-19.45 (Beginners), 19.45-21.00 (General Class)

WHO

Open to All (from 14 Years), Beginners always welcome

COST

Adult: 8 €, Unemployed and Students: 5 €/Per Class

INFORMATION

Contact 086/101 96 68

www.aikidoikedadojo.ie