





One Day Aikido Seminar with





Venue: MCR Hall, Mail Coach Road, Sligo

Date: Saturday 3rd of December 2011

Class Times: 12pm - 1.30 pm Aikido

2pm - 3.30pm Aikido

3.45pm Gradings

Cost: €10

Contact: 087 6693711

www.AikikaiIreland.ie