

Karate



**New Beginners Classes Starting On
Monday 7th November For**

Children 4-11 Years

Monday 3.30 - 4.15pm

Adult Classes also available
please contact
Lisa for details

**build
self
confidence**

£3.50 per lesson
(pay as you go)

Sunnymede Junior School
The Meadow Way, Billericay,
Essex CM11 2HL

get fit

**have
fun**

**meet
new friends**

**teach
discipline
and
respect**

Lisa Shaw

Senior instructor

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Experienced tuition from fully qualified and CRB checked instructors.
Clubs in Billericay, Basildon, Romford, Loughton, Barkingside, Hornchurch and Hemel Hempstead.