

AIKIDO

Aikido is a form of self defence that is suitable for anyone as it does not require physical strength or any aggressiveness.

No special equipment is needed to start. Just wear T-Shirt and Tracksuit bottoms.

SOUTHPORT MUTO AIKIDO CLUB

07708 308 841

ASK FOR SIMON

COME ALONG AND TRY OR JUST TO WATCH
YOUR FIRST LESSON IS FREE

Thursdays 7.00 to 8.30pm
Central Dance Studio, 25-27 Shakespeare St.
(behind Southern's stationers), Southport

Saturdays 9.00 to 11.00am
Fitness Factory, Unit 14, Kensington Ind Est
Hall St, Southport



Southport Muto Aikido Club

www.southportaikido.co.uk

The Way of Harmony with Spirit