



FOREST LYNDHURST KARATE CLUB KARATE LESSONS

at

Lyndhurst Community Centre,
High Street, Lyndhurst SO43 7NY

Come along and gain confidence, build character,
make friends, improve self discipline, learn respect &
loyalty & improve fitness

Complete beginners very welcome!

BRING A FRIEND FOR £3

Saturday mornings

Children's Class : 10am to 11am

Adults/Family Class : 11am to noon

Please contact : **Zerina** 07908 091531 / **Sheryl** 07971 256007

www.forestlyndhurstkarate.co.uk