







## SELF DEFENCE AND FITNESS

Learn practical self defence, gain confidence and improve your fitness in a supportive and friendly environment. Classes are taught by experienced black belt instructors and are available for men, women and children of all ages.

## START TODAY

Classes Tuesday and Thursday 6.30pm to 7.30pm Ngunnawal Primary School

(Tuesdays in the hall and Thursday's in the library)

For more information come any night or phone 0477 351 475 or visit us at nttkd.com.au

MENTION THIS FLIER AND RECEIVE THE FIRST MONTH FREE