



**Martial Art:
Taekwondo Or
Stick sword Weaponry -
Do one or both**
Fitness
Self Confidence
Perseverance
Empowerment
Respect
Self Defense
Fun



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www:Fx-fitness.com

1 free trial Lessons

St Finbar's Primary School 3.45-4.45

Thursday

GESAC 12 – 3pm Saturdays

