

Martial Arts at Hartismere School*

Three disciplines to choose from: Kickboxing, Tae-Kwon Do or Kuk Sool Won

Mondays – Reflex Martial Arts (Kickboxing), Sports Hall.

Juniors & U13, 6 – 7pm

Seniors 14+, 7.15 – 8.30pm

For details, contact Adrian Poulter on 01379 853894. or email reflexmartialarts@talk21.com

Wednesdays – Tae-Kwon Do, Dance Studio, 6 -8pm.

6 – 7pm, 6 – 16 years

7 – 8pm, Adults

For details contact Mr Toby Pulford on 01379 871001.

Fridays – Tae-Kwon Do, Sports Hall, 6 – 8.30pm.

6 – 6.30pm, 3 – 6 year olds

6.30 – 7.30pm, 6 – 16 year olds

7.30 – 8.30pm, Adults

For details, contact Mr Toby Pulford on 01379 871001.

Sundays – Kuk Sool Won, Dance Studio 6 – 8pm.

For details, contact Mr Steven Whiting on 01473 747783

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