

New Beginners Classes in **Goju-Kai Karate**



Due to popular demand, we are offering additional classes every week

Friars Primary
Monday
15:10 – 16:10

Outside locations are open throughout all school holidays

Limited Places Available

Learn traditional Martial Arts
We promote discipline, self-defence, confidence, self-motivation and fitness for all ages

Contact Sensei Pete Wright
Qualified 7th Dan Black Belt
Goju Karate Instructor
(Over 30 years teaching experience)

Mobile: 07896 262 258

Email: southendgojukai@hotmail.com

Surprise yourself!

www.zanshinryu.co.uk



Club Locations / Days and Training Times

Day	Location	Times	Class Type
Monday	Friars Primary & Nursery	15:05 - 16:10	Children Class
Tuesday	Thorpe Greenways	07:45 - 08:30	Beginners Class
Tuesday	St George's Hall, St Andrews Road	17:00 - 18:00	Beginners Class
Tuesday	St George's Hall, St Andrews Road	18:00 - 20:00	Coloured Belt Class
Wednesday	Hamstel Junior School	07:45 - 08:40	Children Class
Wednesday	West Leigh Junior School	15:30 - 16:30	Children Class
Thursday	Porters Grange School	08:00 - 08:40	Children Class
Thursday	Thorpe Greenways	15:00 - 16:15	Children Class
Thursday	Ambleside Social Club	17:00 - 18:00	Beginners Class
Thursday	Ambleside Social Club	18:00 - 19:00	Coloured Belts
Friday	Our Lady of Lourdes	0745 - 08:30	Children Class
Friday	Sacred Heart School	15:15 - 16:15	Children Class
Saturday	Trinket Box - Greenways School	09:30 - 10:30	Beginners Belts
Saturday	Trinket Box - Greenways School	10:30 - 11:30	Coloured Belts
Saturday	Trinket Box - Greenways School	11:30 - 12:30	Advanced Class