

RSAC Martial Arts



KARATE



FUN

FITNESS

SELF DEFENCE

SELF DISCIPLINE

Qualified Instructor Katerina

MONDAYS 7-8:30pm

Commencing Monday 5th February 2018

RSAC Clubrooms 11 Greenfield Pde Bankstown

(downstairs, enter from side back door)

\$15 per class or use NDIS

All ages welcome

Wear loose pants (above ankle length), loose top and slip on shoes as you work barefoot.

Bring water bottle and small towel

Book Now with Jenny 9790 5001 or email: rsaclub@bigpond.net.au

