



改善 Kaizen

A unique blend of Martial Arts designed specifically for children.

Helping children with: Self-Discipline, Getting Active, Setting Goals, Respect, Increasing self-esteem, Confidence, Teamwork, Conflict resolution and many other martial art skills!

Other classes available for all ages in Teddington, Twickenham, Whitton, Kingston and Feltham.

Please see website for details

SMSP

DAY: MONDAY
LOCATION: SMSP SMALL HALL
TIME: 8AM - 830AM
DATES: 25th Apr - 11th Jul
COST: £31.50 (9 weeks)
YEAR 5 + 6

tinyurl.com/bdhbsmd4

DAY: TUESDAY
LOCATION: SMSP SMALL HALL
TIME: 8AM - 830AM
DATES: 26th Apr - 12th Jul
COST: £38.50 (11 weeks)
YEAR 5 + 6

tinyurl.com/26sydhck

OR

Direct Debit: £23 per month for both days.

<https://tinyurl.com/4mjcvrhn>



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Website

