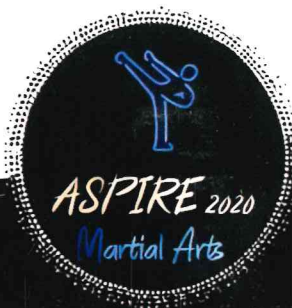


ASPIRE 2020

MARTIAL ARTS



TAEKWONDO FOR ALL AGES

CONFIDENCE • FITNESS • FOCUS • RESPECT

WELCOME TO OUR TAEKWONDO FAMILY!

A fun, supportive place for kids and adults to grow stronger together.

FOR CHILDREN

- ★ Builds confidence & focus
- ★ Encourages positive behaviour
- ★ Improves coordination & fitness
- ★ Autism & ADHD Friendly!

FOR ADULTS

- ✓ Get fit & learn self-defence
- ✓ Reduce stress & boost wellbeing
- ✓ Peri-menopause support

WHAT TO EXPECT:

- ✓ Friendly Instructors
- ✓ Beginner-Friendly Classes
- ✓ Taekwondo & Self-Defence
- ✓ Pad Work & Sparring
- ✓ Grading Success

MILLBROOK PRIMARY SCHOOL, FRESHBROOK

Wednesdays

- Children: 6.15–7.00pm
- Adults: 7.15–8.00pm

Saturdays

- Children: 9.15–10.00am
- Adults: 10.15–11.00am

WILLIAM MORRIS SCHOOL NORTH SWINDON

Thursdays

- Children: 6.15–7.00pm
- Adults: 7.15–8.00pm

START YOUR 4 WEEKS FREE TRIAL!

✉ info@aspire2020martialarts.co.uk

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A PLACE TO GROW. A PLACE TO BELONG. A PLACE TO BE YOUR BEST.