BARKERS TAEKWONDO SCHOOL







Toot Hill Sports Centre (formally Bingham Leisure Centre) The Banks, Bingham Notts NG13 8BL

Tues: 7.15 - 8.15 pm



Just come along and try

Whatever your ability – beginner or Black Belt – just come along to our training sessions or check out our website for more details.

Website: https://barkers-taekwondo.uk

- Learn an Olympic Martial Art
- **Build your Confidence**
- **Self-Defence Training**
- Tone your Body & Get Fit

We are a family friendly club with active social integration and open to adults, families & children from 7 years old

Your FIRST LESSON is FREE with no obligation!



Email: info@barkers-taekwondo.uk







BARKERS TAEKWONDO SCHOOL







Toot Hill Sports Centre (formally Bingham Leisure Centre) The Banks, Bingham Notts NG13 8BL

Tues: 7.15 - 8.15 pm Thurs: 7.00 - 8.00 pm



Just come along and try

Whatever your ability - beginner or Black Belt - just come along to our training sessions or check out our website for more details.

Website: https://barkers-taekwondo.uk

- Learn an Olympic Martial Art
- **Build your Confidence**
- **Self-Defence Training**
- Tone your Body & Get Fit

We are a family friendly club with active social integration and open to adults, families & children from 7 years old

Your FIRST LESSON is FREE with no obligation!



Email: info@barkers-taekwondo.uk







