

Vincent's CHINESE MARTIAL ARTS

Tai Chi & Kung Fu



3 CONVENIENT LOCATIONS:

South Padbury Primary School

Beldon Primary School

Kinross College

No Better Way to Fitness Than Martial Arts

Would you like to have fun and...

- Get Fit
- Relieve Stress
- Make New Friends
- Train in a Safe, Friendly, Welcoming Environment
- Improve Flexibility/Coordination



SEPARATE ADULTS AND KIDS CLASSES

Contact Vince:

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