



NRG KARATE CLUB



NRG Fitness Centre
Jury's Cork Hotel
Tel: 021 4222444
www.nrgfitness.ie

Wednesdays 8.00pm - 9.30pm

(Extra Lessons Available)

instructor

Joe Glavin

4th Dan Black Belt

For Men & Women (Over 16's Only)

Self Defense

General Health and Fitness

Mental Well-being

Self Confidence

Personal Challenge

Progress to Black Belt & Beyond

Beginners Welcome

Contact Joe on 086 3761669

Email: glavinjoseph@yahoo.com

www.nrgkarate.com