



# SILVERSPRINGS KARATE CLUB



Source Health and Fitness Centre

Mondays and Thursdays  
8.00pm - 10.00pm

*with instructor*  
**Joe Glavin**  
4th Dan Black Belt

**Beginners Welcome**

**Contact Joe on 086 3761669**

***Present this leaflet for  
one month's free lessons***

***[www.silverspringskarate.com](http://www.silverspringskarate.com)***