



SILVERSPRINGS KARATE CLUB



Source Health and Fitness Centre

Mondays and Thursdays

8.00pm - 10.00pm

with instructors

Paul Allan

7th Dan Black Belt

&

Joe Glavin

4th Dan Black Belt

Beginners Welcome

Contact Paul on 086 8112281

or

Contact Joe on 086 3761669

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

www.silverspringskarate.com