

# CHORLTON AIKIDO

**Learn a Martial Art, Improve Fitness**

Wednesdays from 7:30pm to 9:30pm

St Ninian's Church Hall, Wilbraham Road, Chorlton

Contact 0161 881 9403

Aikido is suitable for both men and women of all ages and physical ability.

Beginners Welcome

£12 (£9 Concession) for first 4 weeks – includes Insurance for the Year

Thereafter £5.00 (£4.00 concession) per session

Wear loose clothing e.g. Jogging Pants and T-shirt