

NEWPORT FAMILY KARATE & SELF DEFENCE CLUB

Established 1982

HIGHLY QUALIFIED & EXPERIENCED INSTRUCTORS

Improving; Health, Fitness, Self Esteem, Confidence, Concentration & Self Discipline



At

Newport Pagnell Youth Club, Wolverton Road, Tuesdays @ 7.30pm

Green Park Community Centre, Green Park Drive, Fridays @ 7.30pm

ENQUIRIES 07745162929

www.cfts-karate.co.uk