

Spend  
quality  
time  
together



Encourages  
fitness  
confidence  
discipline  
flexibility

# SEAFORD FAMILY TAEKWONDO

MONDAYS  
FROM 11TH MAY  
6.30-8PM

(Juniors dissmis at 7.30pm)

CLINTON HALL  
SEAFORD  
AGES 4+  
07834486789

With 4th Dan World  
Champion Michele  
Cavallin

Free trial  
Lesson!

Find us on:  
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Sussex TAGB Taekwondo  
[www.kenjamestk.com](http://www.kenjamestk.com)

Fully qualified instructor  
DBS checked  
First aid trained



Your kids love to do  
things with you :) get  
fit as a family!

