

Let the Choi Kwang Do Black Belt Academy kick start your fitness programme



Beginners



There is a place
for you at one
of the most
successful
martial arts
schools in
Scotland.

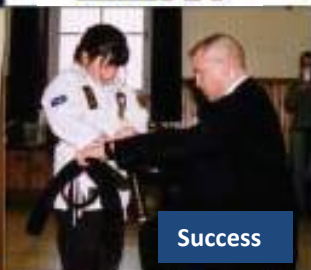
ckdbbascotland@ckd.org.uk

www.ckd.org.uk

Tel: 07917 762324



Little Dragons



Success



Advanced



Are YOU ready?



CKDBBA (Scotland)

Classes and Class times

Monday

Mixed Class	SAC – Cruickshank Hall	18:00->19:30
Mixed Class	Bettridge Centre	18:00->19:30

Tuesday

Staff only	Macaulay Inst.	See Nadine Thomas
Juniors	Alford Public Hall	18:00->18:45
Seniors	Alford Public Hall	18:45->19:30
Adults	Alford Public Hall	19:30->20:45

Wednesday

Mixed Class	Shell Woodbank	12:00->13:00
-------------	----------------	--------------

Thursday

See PE-Dept.	St. Margaret's School	12:30->13:30
--------------	-----------------------	--------------

Friday

Mixed Class	Kingswell's village Hall	18:00->19:30
-------------	--------------------------	--------------

Sunday

Mixed Class	Alford Public Hall	10:30->12:00
-------------	--------------------	--------------

For more information – www.ckd.org.uk

Mob: 07917 762324

Email: ckdbbascotland@ckd.org.uk