



T.A.S.K.



The Traditional Association of Shotokan Karate

Do you want a life-changing experience?
Improve confidence and self-esteem –
lose weight and get fit!

Special Beginners Classes

Ages 6 - 70 years

Mondays 6.15pm – 7.15pm

Thursdays 6.00pm - 7.00pm

Main Hall, Flitwick Leisure Centre
Steppingley Road, Flitwick, MK45 1TH

**Contact Kyoshi Bryan Cross 7th Dan on
01525 750149 or 07757 509939**

Five week beginners course (includes one free lesson)

Juniors under 14yrs £20.00.

Adults 14yrs and over £26.00

Visit: www.karatetask.org.uk