

# Aikido for Women



**Calmness for everyday life**

**Call now to start your  
6 week introductory course  
in Seven Hills for only \$150**

**Enjoy the Martial Art of Peace  
Harmonize through movement  
and meditation**

**Weekly Thursday class 7pm - 8:30pm  
All ages and fitness levels welcome**

**Phone Jeff 0417 762 195 or Adrian 0466 208 355  
to enrol or for more information**



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