

PRO-KARATE ACADEMY

IMPROVING HEALTH, FITNESS, FLEXIBILITY, CONFIDENCE, FOCUS AND DISCIPLINE

TEACHING SELF ESTEEM

HELPING YOU WORK AS A TEAM, TARGETS AND GOAL SETTING

THROUGH

EMPOWERING THEM WITH LIFE SKILLS THROUGH MARTIAL ARTS

SELF DEFENCE

Professional Tuition available in

Traditional Karate and Sport Karate

CLASSES AVAILABLE FOR BOYS, GIRLS AND ADULTS FROM 4 YEARS+
in Bishops Stortford, Sawbridgeworth, Ware and Saffron Walden

Classes are small and friendly with the highest of standards

Your first month is FREE and there is NO JOINING FEE

PERSONAL TRAINING AND PRIVATE LESSONS ARE ALSO AVAILABLE



www.pro-karate.co.uk

07545 583389

senseichelsea@yahoo.co.uk



Classes are fun, exciting and a great place to make new friends

PKA LESSON TIMES

Advanced and Elite Classes Also Available
Please Contact For More Information

MONDAY

HILLMEAD PRIMARY SCHOOL, WOBURN AVENUE, BISHOPS STORTFORD, HERTS CM23 4PW
Beginners 4.30pm - 5.15pm Intermediate 5.15pm - 6.00pm Advanced 6.00pm - 7.00pm

TUESDAY

HIGH WYCH MEMORIAL HALL, SAWBRIDGEWORTH, HERTS CM21 0HX
NEW CLASS 3-5 Years Mini Pros 4.15pm - 4.45pm Novice and Intermediate 4.45pm - 5.30pm

WEDNESDAY

SAWBRIDGEWORTH MEMORIAL HALL, THE FOREBURY, SAWBRIDGEWORTH, HERTS CM21 9BD
Beginners 4.15pm - 5.15pm
HARLOW JUDO CLUB, FOLD CROFT, HARLOW, ESSEX CM20 1SE
Beginners 5.00pm - 5.45pm Intermediates & Advanced 5.45pm - 6.45pm

THURSDAY

AGE CONCERN HALL, PRIORY STREET, WARE, HERTS SG12 0DE
Beginners 4.15pm - 5.00pm Novice 5.00pm - 6.00pm

FRIDAY

R.A BUTLER INFANT AND JUNIOR SCHOOL, SAFFRON WALDEN, ESSEX CB11 3DG
Beginners 4.30 - 5.15pm Novice 5.15 - 6.00pm Intermediate 6.00 - 6.45pm
HERTS & ESSEX SPORTS CENTRE DOJO, WARWICK ROAD, BISHOP'S STORTFORD, HERTS CM23 5NJ
Beginners 4.30 - 5.15pm

Visit www.prokarate.co.uk for more classes



*Taught full time by
England Senior International*
CHELSEA SYDES

20 Years Experience
CRB Checked
First-Aid Trained
FULLY INSURED



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