



GET A FREE 7 DAY TRIAL FOR YOUR
CHILD!

CHILDRENS MARTIAL ARTS



AT MAINE FITNESS, CASTLEMAINE

Instil values of discipline, respect and leadership as your child builds their confidence in self defence under the fields best instructors

Junior Karate; 4.30-5.30pm Monday & Wednesday

Junior jiu jitsu; 4.30pm-5.30pm Tuesday & Thursday

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