

TRAFFORD AIKIDO



Aikido is a non-competitive martial art that uses circular movements to blend with and diffuse attacks.

Juniors 8–15

Sunday 18:30–19:30 at Altrincham Leisure Centre, Oakfield Road

Seniors 16+

Sunday 18:30–19:30 & 19:30–20:30 at Altrincham Leisure Centre, Oakfield Road

Thursday 19:30–20:30 & 20:30–21:30 at Altrincham Leisure Centre, Oakfield Road

Beginners welcome at any class / session – FAQ on our website.
Arrive before start time, please.

0161 928 8597 07769 790340

e: info@traffordaikido.org.uk **w:** traffordaikido.org.uk

Have fun

Self-defence

Relieves stress

Improves fitness

Builds confidence

Something different