

Balbriggan TaeKwon-do Academy

Self Defence

Lose Weight

Increase Strength

Tone Up

Increase Flexibility

Power & Technique

Bootcamp Kickboxing

Every Monday & Thursday

7pm – 8pm

**Contact Paul for further
information.**

Phone: 086 0533188

Email: tkdacademybalbriggan@gmail.com

**Flexible Payment
Options Available**