



EACH NEW DAY IS AN OPPORTUNITY TO
IMPROVE YOURSELF

2
WEEKS
TRIAL



EVENINGS

MONDAY: 17:30 - 18:15

WEDNESDAY: 18:15 - 19:15

MORNINGS

TUESDAY: 08:00 - 09:00

THURSDAY: 08:00 - 09:00

LADIES **FITNESS** CLASSES

**COME
JOIN US**

VENUE:
MMK KARATE CLUB
21 CAROL ROAD
SILVERFIELDS
KRUGERSDORP

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