

Gloucester Ottawa

Self-Defence & HupKwonDo



Self-Defence

Martial art

Fitness

Fun

Confidence

Balance

Power

Flexibility

All ages, female & male

**Family enrolment
encouraged**

**Friendly, supportive
atmosphere**

**Thursdays 7:15 - 8:15 PM
Rideau Sports Centre
1 Donald St. Ottawa
Fitness Studio**

**Sign up on-line for
your free workshop,
trial or special offer**

**Special offer:
1 month trial
Only \$15.00
Enter promo
code:
RSC19SPC**



www.GOSelfDefence.com