



BEGINNERS WELCOME

JIU JITSU

21 Mansfield Street, Upper Hutt

YOUTH (12 - 16 YEARS)

Monday and Wednesday 6pm - 6.45pm

SENIORS (16 YEARS AND UP)

Monday and Wednesday 7pm - 8.30pm

*Japanese martial art for all ages, abilities and fitness levels
physically challenging, effective self-defence*

for more information contact

0272 244 102 (Seniors - Alistair) or 0211 445 288 (Youth - Kimberleigh)

FB: Upper Hutt Sakura Kan Jiu Jitsu

W: www.jiujitsu.org.nz