



149 Broad Lane
Coventry CV5 7AP

☎ 024 7671 4051

OPEN DAY

Saturday 2 April 2011, from 1.30pm

All Sessions Free of Charge

(donations accepted on behalf of NSPCC†)

Refreshments Provided‡



AIKIDO

In Aikido, one seeks to neutralise an aggressor without causing harm. The founder of Aikido declared, "To control aggression without inflicting injury is the Art of Peace."

Session One 2.15 - 3.00 pm

Session Two 4.00 - 4.45 pm

Women's Self Defence 3.15 - 3.45 pm



FITNESS

From high energy fat burners like our new Zumba® classes, to the effortless and rhythmical art of Tai Chi, we offer a class for all ages and fitness levels.

Zumba® 1.30 - 2.15 pm

Tai Chi 2.30 - 3.00 pm

Yoga 3.00 - 3.45 pm

Zumba® 3.15 - 4.00 pm



THERAPIES

Try a relaxing Indian Head Massage, or a therapeutic treatment like Bowen or Reiki to ease pain and promote well-being. All the treatments on offer are performed by qualified therapists.

Bowen 2.00 - 2.30 pm

Reiki 2.00 - 2.30 pm

Complimentary Therapies* from 2.30 pm

* Reflexology, Indian Head Massage, Sports Massage and Aromatherapy.