



## **Carrick Aikido Club**

Learn this beautiful Japanese martial art in a friendly, safe environment

Non-competitive. Non-aggressive

Doesn't rely on size or strength

£3.00 per class

**First class is free - please pop in and give it a try**

Training on:

Tuesdays and Thursdays 1930 - 2130 (Aikido practice)

Saturdays 0930 - 1130 (Internal strength class)

Training at:

Maidens Church Hall

1 Kirkoswald Road

Maidens

South Ayrshire

KA26 9NJ

Find out more:

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[www.carrickaikidoclub.website](http://www.carrickaikidoclub.website)