

In celebration of **International Women's Day** we invite you to:

# All Women Aikido class



Saturday 17th March,  
11:00 am to 1:00 pm  
Meet and greet from 10:30.

- > Beginner, novice or experienced women welcome.
- > Taught by qualified female instructors.
- > Level of fitness unimportant.
- > Bring a friend or come to meet new friends.
- > Join us for tea, cake and chat afterwards.

*Aikido is an inclusive, non-competitive Japanese martial art incorporating powerful self-defense techniques. It helps relieve stress and increases self-confidence and fitness.*

Just come along or email [iwdaikido@gmail.com](mailto:iwdaikido@gmail.com)

Location: Chester Judo Centre, Housesteads Drive,  
Hoole, Chester, CH2 3DL

Wear a t-shirt and leggings/tracksuit bottoms.

Changing room available.

Age 16 and above.

£5 charge, with proceeds towards Chester Women's Aid.

Anyone is welcome to join us at our regular classes. Tuesday and Friday 7:30 to 9:30 pm, Saturday 10:30 am to 12:00 pm.

Children's classes, Friday 6:30 to 7:30 pm. [www.chesteraikido.com](http://www.chesteraikido.com)