



SHARDON KUNG FU

- Freestyle form of kung fu
- Effective Self Defence
- Improve Health and confidence
- Make friends and have fun
- Body Conditioning

SHARDON FITNESS

- High Intensity work out, at your own level
- Good for cross training
- Increase power and strength
- Lose Weight
- Get Fit
- Tone arms, stomach, thighs

- Group Classes
- Private classes tailored specifically to you or your group

For more information call Jason

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