



INTEGRITY
MARTIAL ARTS



KICKBOXING CLASSES

MONDAYS

FOR ALL AGES

- WIMBORNE @ ALLENBOURNE MIDDLE SCHOOL 6 - 7PM.

TUESDAYS

- STURMINSTER NEWTON @ STURMINSTER NEWTON LEISURE CENTRE 6 - 7PM.
- WEYMOUTH @ WTVERN SCHOOL 7.45 - 8.45PM.
- GILLINGHAM @ GILLINGHAM YOUTH CLUB 7.15 - 8.15PM.

WEDNESDAYS

- POOLE @ ROSSMORE LEISURE CENTRE 7.50 - 9.25PM.
- SHAFTESBURY @ SHAFTESBURY YOUTH CLUB 7.15 - 8.15PM.

THURSDAYS

- BLANDFORD @ BLANDFORD CORN EXCHANGE 6.45 - 8.45PM.
- BRIDPORT @ THE PAVILLION, BRIDPORT LEISURE CENTRE 8 - 9PM.

FRIDAYS

- WEYMOUTH @ WYVERN SCHOOL 6.45 - 7.45PM.
- WOOL @ D'URBERVILLE CENTRE 7.30 - 8.30PM.

SPECIAL LADIES ONLY CLASSES ONE HOUR LONG

BLANDFORD LEISURE CENTRE TUESDAY 10AM - SHAFTESBURY YOUTH CLUB FRIDAY 10.15AM

SPECIAL JUNIOR ONLY CLASSES ONE HOUR LONG

GILLINGHAM YOUTH CLUB TUES 6.15 - 7.15PM - SHAFTESBURY YOUTH CLUB WEDS 6.15 - 7.15PM.

TELEPHONE NUMBERS :

FOR GILLINGHAM AND SHAFTESBURY CALL : NESS 01258 863449

FOR BLANDFORD, STURMINSTER AND WIMBORNE CALL: KAREN 07796 448582

FOR BRIDPORT, POOLE, WEYMOUTH AND WOOL CALL : MALCOLM 01305 854090