

# Parent/Carer Coffee Morning



Join us for a morning  
of fitness and fun combined!

TRY SOMETHING  
NEW!

REDUCE  
STRESS!



CHALLENGE  
YOURSELF!

HAVE  
FUN!

Paddy from Savage Martial Arts is coming to give us a light training session in the art of kickboxing. If you have had a busy and stressful week, this is the session for you!



Date: Friday 27<sup>th</sup> Feb

Time: 9:00 - 10:15am

Place: Assembly Hall



Coffee, Tea & Refreshments provided!