

TAE KWON-DO

FREE FIRST CLASS

Gift certificate

Fitness & Fun

Self Defence

Self Confidence

Balance

Flexibility

Coordination



HED TKD



LADIES

GENTS

CHILDREN

FAMILIES

0845 310 5784

www.hedtkd.com

Erith Club

Trinity School, Erith Road, Erith, DA17 6HT

Mondays: Children/Families 7:00pm: Adults 7:30pm

Fridays: Children/Families 7:00pm: Adults 7:30pm

Just come along anytime, No need to book. Please wear appropriate comfortable clothing & bring water for refreshment,

Please feel free to come along to any one of our classes for a free session. Bearer is entitled to one FREE session per person at any one of our clubs & only on one occasion. Conditions apply.