



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE

TISKA KARATE LANGLEY CLUB

A FUN & FRIENDLY COMMUNITY FOR CHILDREN,
ADULTS & FAMILIES WITH AMAZING BENEFITS:
BUILD CONFIDENCE, RESILIENCE, GAIN FOCUS,
IMPROVE SELF DISCIPLINE WHILST
IMPROVING FITNESS & LEARNING SELF DEFENCE

— TWO WEEK FREE TRIAL —

ABSOLUTELY FITNESS
LANGLEY COLLEGE
LANGLEY

WEDNESDAY 17TH SEPTEMBER 2025
5:30 PM
THEN EVERY WEDNESDAY THEREAFTER

SUNDAY 21ST SEPTEMBER 2025
2:15 PM
THEN EVERY SUNDAY THEREAFTER

CONTACT US

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SCAN QR



FOR MORE DETAILS,
INFORMATION AND
CONTACT DETAILS

