



Dao Lu 道路

المدينة
al'madīna
AL MADINA MOSQUE BARKING

Sportivate

inspired
by 2012



Kickboxing for young people aged 11-25

Sundays 11-12am

**From 10 April to 29 May 2016, total 8 sessions
£5 only per person for the whole 8-week project**



***A welcoming, fun and
friendly class***

***A total body workout
that combines boxing,
martial arts and
aerobics to music***

All abilities welcome

**Wear loose, comfortable top,
trousers and trainers**

**Al Madina Mosque and Centre (second floor hall),
2 Victoria Road, Barking,
Essex IG11 8PY**

To book or find out more:

E: info@daolu.co.uk

T: 020 3670 3005

M: 07713 152 999 (text only)

Website: www.daolu.co.uk

Facebook: Dao Lu

Twitter: @DaoLuCIC

Concession rates are available for families of 4
members or more

Under 18s must be accompanied by an adult

Please contact us if you have access needs