

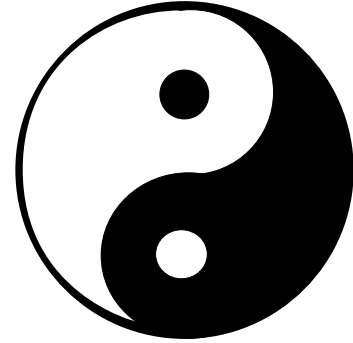
Adult Fitness Party!

Times:

Friday 7pm - 8:30pm

Saturday & Sunday 3pm - 6pm

(See Instructor For Details.)



Specifics:

- **10 People Maximum**
 - **20 Minutes Kick Boxing Class**
 - **30 Minutes Self Defense**
 - **30 Minutes Ground Fighting**
 - **10 Minutes Sword Fighting**
- (Sorry No Alcohol.)**

Can be modified to fit your needs.



Cost: \$350⁰⁰

PLEASE BOOK EARLY TO SAVE YOUR SPECIAL DAY!

