







## JOIN US FOR A CLASS

- TIGERS (4-7 YEARS OLD)
  9:30am 10am
- DRAGONS (8-13 YEARS OLD) 10:15am-11am
- ADVANCED & ADULTS 11:00am-12 noon

FRFF

MARTIAL ARTS CLASS

- Self defense exercises
- Martial Arts
- Fitness
- FUN, FUN, FUN!
- FREE!!! for all friends

Get in Touch:

203-606-0098

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