

Get Fit and be ready to Protect yourself!

The ACADEMY Fitness/Self-Defense class will get you there!

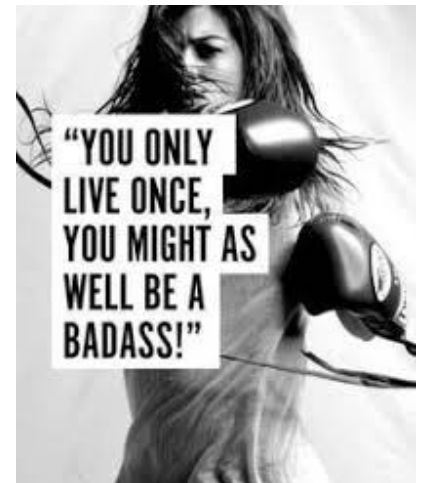
We meet weekly on **Fridays at 5:30 PM** for 1-hour.

Your cost is only \$30 per class or \$100 per month (*pre-paid, 4 classes, no refunds, non-transferrable*). Drop-in welcome for \$35 per class.

Invest in yourself!

Join us this week!

NO Excuses!



NOTE: All participants **MUST** complete/sign the student/waiver application before starting. All participants **MUST** purchase their own Boxing/Muay Thai bag gloves and shin/instep pads before their 3rd class. All gears **MUST** be approved by Master Hufana prior to use. Proper gear/equipment is utmost important to everyone's safety, comfort and fun. **Let's do this!**