

MMA Striking & Grappling Self Defense Course

AGES 8 AND UP \$50/MONTH OR \$15 PER CLASS

CLASSES: TUESDAYS & THURSDAYS

YOUTH CLASS: 6:00-6:50PM

ADULT CLASS: 7:00-8:00PM

INSTRUCTOR: MARSHALL SANDERSON

FOR MORE INFO: 833-4888

TO REGISTER: 228-5668

Classes are located in the DCB racquetball court