


- ✓ Build up self-esteem
- ✓ Increase confidence
- ✓ Improve concentration



Private Lesson Available

	Mon		Tue		Wed		Thu		Fri		Sat
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Birthday Party Available 
Level 1 (Beginner) Age 4 and up	4:30pm to 5:10pm		6:10pm to 6:50pm		4:30pm to 5:10pm		4:30pm to 5:10pm		5:20pm to 6:00pm		
Teen & Adult			6:10pm to 6:50pm				6:10pm to 6:50pm				

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*“Train like a champion
Train with a champion...”*