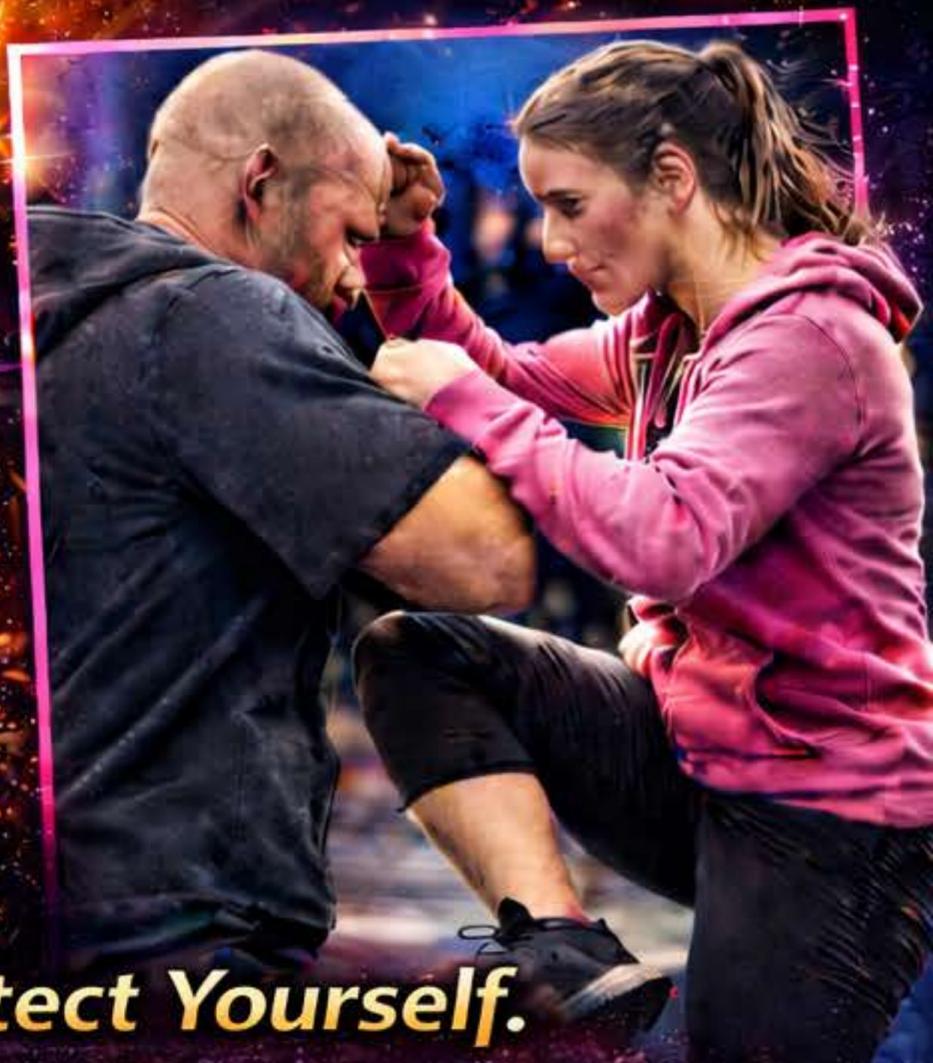


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LADIES SELF-DEFENSE SUMMER WORKSHOP



Empower and Protect Yourself.

Embark on a journey toward empowerment and discover the art of self-defense. This program is designed to equip women with practical skills to **stay vigilant**, recognize potentially dangerous situations, and respond with confidence.

CLASS SCHEDULE

Monday Evenings

July 6th - 27th

6:45 PM - 7:30 PM

Ages 8 - 88

PROGRAM DETAILS

- ✓ 4-Week Self-Defense Workshop
- ✓ Practical awareness & physical techniques.
- ✓ All fitness levels welcome

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*Register before
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