

EXCITING NEWS

We are excited to offer all parents, family, and friends a special opportunity to join us for 1 week of FREE Taekwondo/Self-Defense classes!

If you are looking to learn new skills or simply exploring something different, this class is perfect for all fitness levels. Class schedule Mon, Wed 6pm Sat 9am



TAEKWONDO SELF-DEFENSE PROGRAM

We are excited to start our new Adult Taekwondo/Self Defense classes at our studio. We are happy to introduce our new Instructor, Master Teacher Mr. Thomas Vu. Mr. Thomas has over 25 years of Martial Arts experience and is a Master Black Belt Certified Instructor.

The program will focus on Martial Arts techniques and practical self-defense skills.

Whether you're looking to build strength, improve flexibility or learn self-defense this program is tailored to meet the needs of every skill level.

Mr. Thomas is looking forward to working with each of you on your journey to self improvement. We are looking forward to kick starting our new adult classes.



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Starts September 30th