



10134 N. Main St.  
Archdale, NC 27263

Free uniform (gi) or  
rash-guard with first  
month of training!



**FREE CLASS**  
**TEXT**

**336-848-4015**



## Adults:

**NEW** Israeli Self Defense\* additional fee

Mon: 6-7pm

### Gi:

Tues & Thurs 5:30am-6:30am

Tues & Thurs 7:15-8:15pm Combo:  
Fundamentals & Advanced

### No Gi:

Mon & Wed 5:30am-6:30am

Mon & Wed 7pm-8pm

## CLASS SCHEDULE

Kids:

Ages 4-6

Tues & Thurs 5:30pm-6:15pm

Ages 7-12

Tues & Thurs 6:15pm-7:15pm

