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Attention Parents & Adult Members

Please see Alex ASAP if you have not given her your email address for our mailing system. You will receive updates, changes & all information the quickest through our email blasts. Thank you!

GIRLS ONLY SEMINAR

Saturday January 27th @ 3 PM
Karate & BJJ

KARATE WORKSHOP

Friday January 19th @ 4 PM - 5 PM
All Tiny Ninja, Rangers, BBC & Leadership students should attend this awesome combined class!

Congratulations to Student of the Month NOAH SOLIMAN

Congratulations to Noah Soliman for achieving Student of the Month. Noah is a part of our Children's Brazilian Jiu Jitsu Program. He is extremely dedicated in class and works very hard on the mat. He has shown improvements at home and has recently competed in his first Brazilian Jiu Jitsu tournament! Noah did fantastic at the tournament and got first place! Keep up the amazing work on and off the mat, Noah. We are so proud of you champ!



C L O S E D

Monday January 15th - Martin Luther King Day

Only Adult Classes @ 6:30 & 7:30 PM