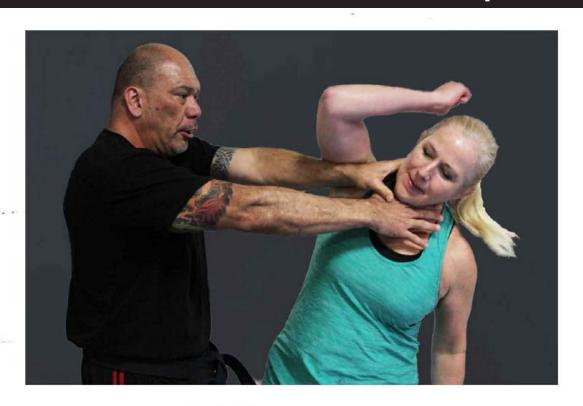
## SELF DEFENSE WORKSHOP

## FRIDAY, DECEMBER 1 at 7 pm



This free hands-on instructional workshop will include self-defense discussion, demonstration, and practice to help keep you safe during the holidays. No experience is necessary, and the class is free to the public. However, reservations are required.

Please call (916) 258-5425 to reserve your spot!

(916) 258-KICK (5425)

www.TrainAtTheStudio.com info@trainatthestudio.com



**THE STUDIO Martial Arts & Fitness** 

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