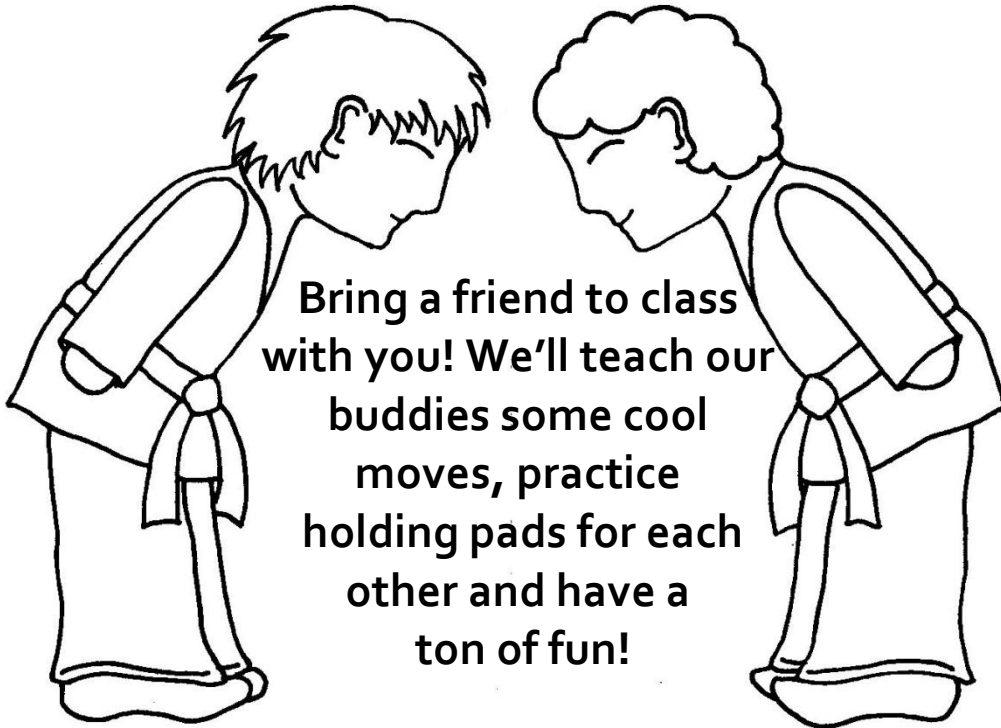


December 18th - 23rd are

Buddy Days!!!



Bring a friend to class with you! We'll teach our buddies some cool moves, practice holding pads for each other and have a ton of fun!

All kids earn a green star for bringing a friend to class.



Buddies should be ages 4 or older.

Saturday, December 23rd is Holiday Fun Day in all classes with exciting holiday themed activities & drills! Bring a friend to your regular class time!

Your friend should wear comfortable clothes to class.