

Do You Know

Sweat. Lose Weight. Tone Muscle. Gain Flexibility. Increase Endurance.

What Your

Develop Mental Clarity and Focus. Alleviate Stress. Channel Energy.

Limits Really Are?

Learn Self Defense. Practice The Martial Arts.

Meetup with us for
Martial Arts in the Park!
<http://meetup.com/SBJeetKuneDo>

Starting in June, Join us for Jeet Kune Do,
the king of Martial Arts,
and Kali, the stickfighting art of the
Philippines, Saturday mornings

Where?
Sylvan Park, near the Gazebo
Redlands, California 92374

When?
Saturday mornings
from 9:00am to 10:30

How Much?
\$10 a class



INEED.TO/FIGHT

