

# Bushido School of Mixed Martial Arts

## New Class

# Total Body Conditioning

Bag Training, Cardiovascular, Weight training

Experience the work-out you been looking for while having fun.

Tuesdays 7:15-8:00 pm & Saturdays 9:30 –10:15 am

\$10 per class or \$80 for 10 classes

Ages 12 & up.

Register today!

First Class is Free!

# BUSHIDO

Bushido School of Mixed Martial Arts  
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