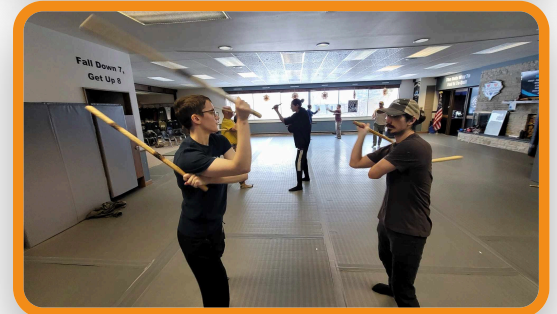


FILIPINO WEAPONS TRAINING

KALI

REAL SKILLS. REAL FUN.

Low-impact stick, footwork, awareness, and self-defense training for teens and adults.



MONDAYS
10:00-10:45am

WEDNESDAYS
10:00-10:45am

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Move, learn, and train without heavy pounding.

COORDINATION

Build timing, rhythm, focus, and hand-eye skill.

TEENS 13+

A fun way to grow awareness and confidence.

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