

Karate Classes for All Ages!



For

- Respect
- Self Discipline
- Confidence
- Self Defense &
- Focus

(289)244-3104

info@mountainshidokan.com
www.mountainshidokan.com

Mon & Wed Nights at the Glanbrook Arena:

- Small Fry Samurai Class (4-8 yrs) - 5:45-6:30pm
- Black Dragon Class (9-15 yrs) - 6:30-7:15pm
- Adult Class (16+) Monday's - 7:15-8pm

*Bring this card in
for a
Complimentary
Class!*