

Karate Classes for All Ages!



For

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

(289)244-3104

www.mountainshidokan.com

Monday & Thursday Nights @ The Glanbrook Arena

- Small Fry Samurai Class (4-8yrs) - 5:45-6:30pm
- Black Dragon Class (9-16yrs) - 6:30-7:15pm
- Adults Class (17 yrs+) - 7:15-8:15pm

Bring This Card

in for a

Complimentary

Class!