

KARATE SHINSEI KARATE DO

This 45-minute class is open to beginners and all levels of experience. We will introduce proper stretching, warm-ups, and Shinsei Karate Do forms. Participants will learn and refine their skills in kicking, punching, and blocking. The instructor will teach forms in both English and Japanese. Classes change as students learn and adapt to new challenges. Presented In association with Shinsei Karate Do & Fitness Center.



WHEN

Thursdays, June 9th-July 28th
6:30-7:15 PM

REGISTRATION

E-mail or Call
hprofeta@cfldreamplex.com
(352) 545-4503

REGISTER IN ADVANCE - NEW & CURRENT MEMBERS

WHERE

Central Florida Dreamplex
5165 Adanson Street
Orlando, FL 32804

COST

\$65

Contact Hailey Profeta for registration, payments, & scholarship info
hprofeta@cfldreamplex.com
(352) 545-4503