

SK SEIDO-KAN KARATE SCHOOLS

Mature Class

- TOTAL PHYSICAL FITNESS
- MIND & BODY CO-ORDINATION
- SELF CONFIDENCE
- DISCIPLINE & CONTROL
- ESSENTIALS OF SELF-DEFENSE
- ETIQUETTE & COURTESY
- RENEWING MUSCLE TONE & FLEXIBILITY
- A SLOWER, STEADY PACED WORKOUT



CLASS TIMES

MONDAY 5:30-6:30PM

WEDNESDAY 9:00-10:00AM

MONTHLY TUITION \$59.29^{+HST}

ONE TIME REGISTRATION FEE, LIFETIME MEMBERSHIP: \$45.00^{+HST}

ORIENTATION CLASS: \$20.00^{+HST}

- STRONGLY RECOMMENDED

- MEETS INSTRUCTORS

- WORK 1-ON-1 WITH INSTRUCTORS

- LEARN ABOUT KARATE BEFORE TRAINING

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