

# GROUP CLASS SCHEDULE



**January-March 2022**

## **BOULDER KARATE**

**1672 30TH ST, BOULDER, CO**

**MONDAYS / 7:45PM**

**TUESDAYS / 9 AM**

**THURSDAYS / 9 AM , 7:45PM**

Designed to expand your sense of self awareness, confidence and overall fitness levels. Each week explore practical self-defense techniques that prepare you for real life scenarios, while also learning how to avoid potentially dangerous situations before they escalate.

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