

Lions Pride Tactical Offensive LLC

Presents

MARTIAL ARTS

At the Rite-Hite Family YMCA

A personal and truly hands on approach to protecting yourself and others around you.

**Mondays, Wednesdays,
Thursdays
12:00-12:45P.M & 3:30 P.M. – 6:30 P.M.**

Come and be a part of this raw and real martial art system that has the most direct and no nonsense way of dealing with a possible threat in your day to day life. You will not only gain the knowledge and skill for personal protection but also physical and mental discipline as well. You will forge your body to build confidence in everything you do as well as your mind by studying past and present warriors and the knowledge on how to tactically and proficiently approach a potential dangerous situation.

Class Schedule

Little Lions

5-10yrs

4:30-5:00pm M, W, TH

11-16yrs

5:00-5:30pm M, W, TH

Women's Self Defense

3:30-4:30pm

Adult Class

5:30-6:30pm

Kickboxing

12:00-12:45pm

Classes run monthly



Lions Pride Tactical Offensive LLC

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