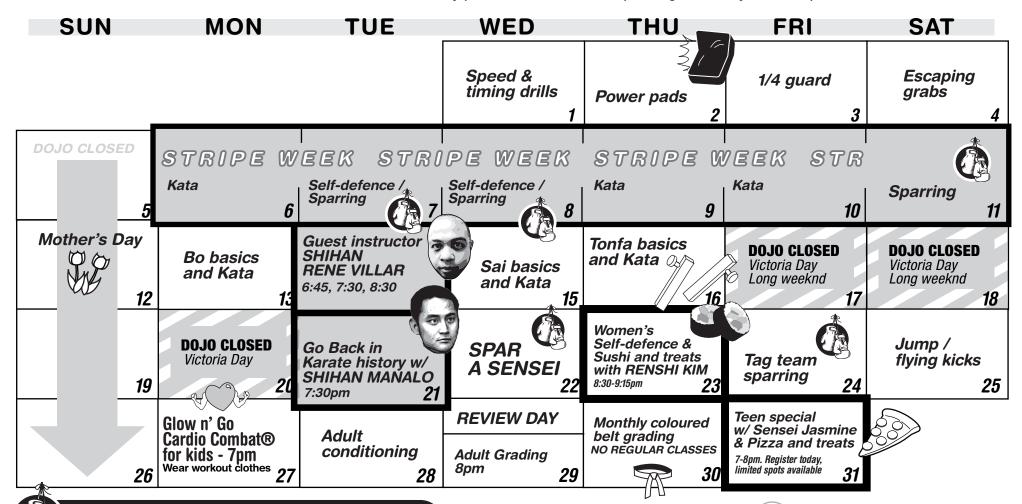
MAY 2019



Willowdale

WOMEN'S ONLY SELF-DEFENCE / CARDIO COMBAT® class -- Followed by sushi & treats w/ Renshi Kim 5-23 @8:30pm, register today, limited spots available.

TEEN SPECIAL W/ SENSEI JASMINE -- Followed by pizza & treats. 5-31, 7-8pm. Register today, limited spots available.



Always bring your sparring gear to class!

facebook.com/northernkaratewillowdale

Instagram: @team_nks

"All of our dreams can come true, if only we have the courage to pursue them." -- Walt Disney