

FITNESS MARTIAL ARTS & BAG

KICKBOXING

Special



THE WORKOUT THAT PACKS A PUNCH

Enjoy *The Workout That Packs A Punch*, excitement, music, and energy. You will see and feel the results of the hard core ab workouts each class. Workouts on Tuesday, Thursday, and Saturdays. Come join me and work at your own pace, **stay fit!**

B.D. Manna
Brian D. Manna
International Grandmaster Instructor
Head Coach Kickboxing Director/Trainer
Hall of Fame Inductee
TEMAS Founding Master



Special \$79

First Month Special

NO CONTRACTS Regularly \$119
\$25 First Month if you have gloves and wraps

FIRST MONTH SPECIAL
INCLUDES:
BOXING GLOVES
WRIST WRAPS
UNLIMITED WORKOUTS

Month To Month Continued

MEMBERSHIP DUES

\$39.95

Serving San Diego North County for 32 years, a family tradition.

To restart EFT after a stop there is a \$20 re-activation fee.

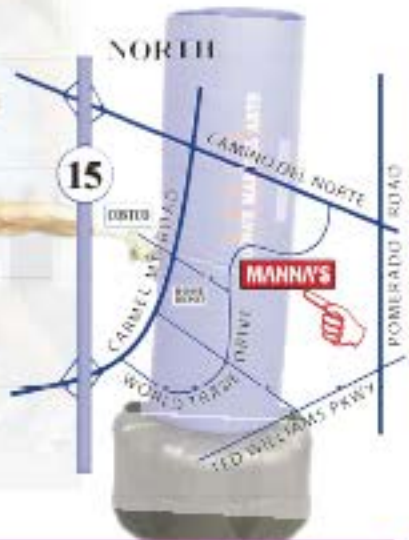
WHAT I NEED TO KNOW TO START? TEEN AND ADULT ONLY

White bottom (non-marking) shoes,
Proper Workout Attire, and towel are required.

ONE HOUR WORKOUTS

TUESDAY 7 PM
THURSDAY 7 PM
SATURDAY 10 AM

FLYERS & PAY ON LINE AT
www.manna.us



● TRY-IT-FREE If you have your own gloves and wraps.

MANNA'S MARTIAL ARTS (858) 487-6470

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