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**Martial Arts Classes at TMA**

Tuesdays or Wednesdays

Directly after school in the TMA Gym

Separate classes for:

4-5yrs, 6-10yrs and Middle Schoolers

\*Self-Defense

\*Fitness/Wellness

\*Confidence

\*Korean Language

Cost is $80/month for weekly classes starting Sept 3th and 4th.

FREE TRIAL classes availabe on Aug. 27th & 28th

Call (407) 657-1212 to set up trial class or for more info.

www.theZenLifeCenter.com

Taught by Master Richard Hoehn and TEAM ZEN Instructors!