



COVID-19
SAFETY
PRECAUTIONS

Martial Arts Classes at

Wednesdays

Directly after school in the
TMA Gym

*Self-Defense

*Fitness/Wellness

*Confidence

*Korean Language



Taught by TEAM ZEN Instructors!

Cost is \$80/month for weekly classes starting Weds. November 4th

FREE TRIAL class available on November 4th

Call (407) 657-1212 or 407-695-7555 to set up trial class or for more info

www.theZenLifeCenter.com