



**KCMA WILBERFOSS**

# **MONDAY CLASSES**

## **MINI KICKS**

 **4PM - 4.30PM**

## **SAMURAI'S**

 **4.30PM - 5.15PM**

## **EXTREME FORMS**

 **5.15PM - 6PM**

## **ADULTS**

 **6PM - 7PM**

## **ADULTS SPARRING**

 **7PM - 8PM**

**WITH KCMA INSTRUCTOR  
MAYA!**



**WWW.KCMA.ONLINE**



**KCMA - KRIS CRUMP MARTIAL ARTS**

