

This program not only teaches the basics of Tae Kwon Do, it builds character, self-discipline, focus & responsibility.

## **NEW 6 WEEK SESSION BEGINS**

Thursday, March 5 - April 9, 2020 5:00 PM - 5:30 PM

at Oneida Family Fitness

\$30.00 FOR O.F.F. MEMBERS

\$60.00 FOR NON O.F.F. MEMBERS



