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Basic Judo or Ju-Jitsu Instruction (For Adults Only)



Chaparral Fitness Center (Group Exercise Room)

Judo: Monday & Wednesday 4:30 p.m. - 5:45 p.m.

Ju-Jitsu : Tuesday & Thursday 4:30 p.m. - 5:45 p.m.

Certified Instructors
Nationally Affiliated with U. S. Ju-Jitsu
Federation and U. S. Judo Association

\$24
(per month)



www.lacklandservices.com

