

FITNESS MARTIAL ARTS & BAG

KICKBOXING *Special*



THE WORKOUT THAT PACKS A PUNCH

Enjoy *The Workout That Packs A Punch*, excitement, music, and energy. You will see and feel the results of the hard core ab workouts each class. Workouts on Tuesday, Thursday, and Saturdays. Come join me and work at your own pace, stay fit!

B.D. Manna

Brian D. Manna
International Grandmaster Instructor
Head Coach Kickboxing Director/Trainer
Hall of Fame Inductee
TEMAS Founding Master



Special
\$69

First Month Special

NO CONTRACTS Regularly \$89
NOW THRU AUGUST 15, 2015

FIRST MONTH SPECIAL
INCLUDES:

**BOXING GLOVES
WRIST WRAPS
UNLIMITED WORKOUTS**

**Month To Month
Continued**

MEMBERSHIP DUES

\$29.95
EFT

Serving San Diego North County for 30 years, a family tradition.

After EFT stops there is a \$30 EFT restart processing fee.

WHAT I NEED TO KNOW TO START? TEEN AND ADULT ONLY

White bottom shoes

Proper Workout Attire & Towel

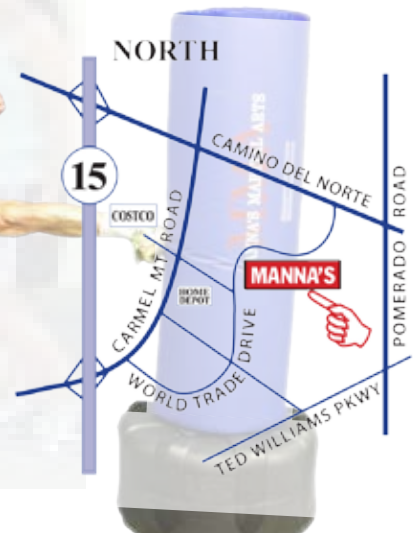
ONE HOUR WORKOUTS

TUESDAY 7 PM

THURSDAY 7 PM

SATURDAY 9 AM

FLYERS & PAY ON LINE AT
www.manna.us



● TRY-IT-FREE If you have your own gloves and wraps.

MANNA'S MARTIAL ARTS (858) 487-6470

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