STRENGTH, SELF-DEFENSE & EQUITY AWARENESS WEEK

FREE FOR ALL WOMEN IN OUR COMMUNITY

TUE MAR 3RD 6:00PM X-TRAINING FITNESS CLASS A
WED MAR 4TH 6:00PM X-TRAINING FITNESS CLASS B
SUN MAR 8TH 11:00AM SELF DEFENSE WORKSHOP

Scan me



International Women's Day

We pledge to elevate & celebrate women's achievements.

#GiveToGain

REGISTER ONLINE
FEBRUARY 28TH
ARTOF8.COM/IWD