

franco's

# SHOTOKAN KARATE

Traditional karate training emphasizing balance, timing, distance, focus & control  
Kata (pre-arranged moves), Kihon (basics) and Kumite (sparring)

## **Monday**

6:30pm - 7:30pm Beginners

## **Tuesday & Thursday**

6:45pm Intermediate/Advanced

## **Friday**

5:30pm - 6:30pm Beginners

## **Saturday**

11:30am Intermediate / Advanced

12:30pm Beginner

*(Mind/Body Studio upstairs)*



**TRY IT ON US! FIRST CLASS FREE!**

**985-792-0205**

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