

201 Main Street  
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707-689-7989

*Begin Within*

Join us for fun, fitness and self-defense! All friend's and family are invited to drop in... wear comfortable workout clothes .

www.martial-arts-vacaville.com



# Friend's Week

## March 11-14, 2019

**Martial Arts Institute of Vacaville**



Downtown Vacaville  
At Maximum Fitness

Mon/Wed 4:00-4:45pm Kids/Teens  
Tues/Thurs 5:30-6:25pm Kids/Teens  
Tues/Thurs 6:30-7:25pm Teens/Adults  
Playground Fun  
15-30 Min prior to class

Pass this along to your friends!

*Professional*  
*Traditional*  
*Fun*  
*Self-Defense*