

MMA/KARATE COMMUNITY CLASS



TEENS AND ADULTS LEARN A COMBINATION OF MARTIAL ARTS STYLES IN A SUPPORTIVE, INCLUSIVE ENVIRONMENT. FOCUS AREAS INCLUDE DISCIPLINE, FOCUS, CONFIDENCE, STRENGTH, COORDINATION, ENDURANCE, PROPER FORM, CONDITIONING DRILLS, AND REAL-WORLD APPLICATION OF SKILLS.

SUNDAYS

12:30-1:30PM

1:30 -2:30PM

\$75 GROUP

\$110 INDIVIDUAL

MONDAYS

5:00-6:00 PM

INSTRUCTOR: STEVE VENTIMIGLIA

Dates: 6/15-8/31/26



631-223-8806



LI Strive...An inclusive community where everyone thrives!...