



GMAS KARATE

PERSONAL TRAINING

WORKOUT THAT FIT YOUR SCHEDULE

**Ask about our Awesome Programs
Private Lesson for Kids and Adults
No experience required**



**Private for Anybody
whether it be
losing weight,
toning,
self-defense, kata,
Weapons, Sparring,
Stretching, Cardio,
or generally to feel
batter about
yourself.**



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