

Give your child the gift of a lifetime.....Confidence

MARTIAL ARTS

Champion Sport Karate

66th & Cornhusker

Papillion, NE

331-3318

Championsportkarate.com

Building champions & character since 1993



TAEKWONDO

Ages 8 and up

- BE A BLACK BELT
- SELF-DEFENSE
- LEADERSHIP

M/W/TH 6:00 PM

TUESDAY 7:00 PM

SPARRING

CLASSES

T 5:30 PM ages 4-7

T 7:00 PM ages 8-17

TH 8:00 PM Adults 17+

FITNESS CLASSES

BODYCOMBAT

- CORE STRENGTH
- TONE & SHAPE
- WEIGHT LOSS

SPECIALTY

CLASSES

ADULT MEN

Ages 16 and up

WEDNESDAY 7:00 PM

ADULT WOMEN

Ages 16 and up

THURSDAY 7:00 PM

WEAPONS

All ages

THURSDAY 6:00 PM

AFTER SCHOOL

PROGRAM

Ages 5 to 16

KICKING TIGERS

TAEKWONDO

Ages 6 to 7

- SELF-CONTROL
- CONFIDENCE
- DISCIPLINE
- RESPECT

M/T/TH 6:00 PM

LITTLE DRAGONS

Ages 3 to 5

- COORDINATION
- BALANCE
- FITNESS
- SAFETY

M/T/W/TH 5:30 PM

T/TH 2:00 PM

NEW STUDENT

ONE MONTH TRIAL MEMBERSHIP

SAVE

\$59

Training uniform is included