

LADIES ONLY SELF DEFENSE CLASS

WHEN

Mondays– 5 to 6 PM

**No obligation-come whenever
you can!**

WHERE

**CrossFit PRESCOTT
546 6th St., Prescott**

COST

\$15 per class

**New student special: Pay for 10 classes (\$150)
and get a 1-hour private lesson free!**

928-308-2285

www.prescottcombatives.com

**Follow me on Instagram: Real World Self Defense
And on YouTube: American Combato**

MARK BRYANS
9TH DEGREE
BLACK BELT

- **PRACTICAL
TECHNIQUES**
- **STRATEGIES TO
AVOID ABDUCTION**
- **LEARN IN A SAFE
ENVIRONMENT**
- **GAIN CONFIDENCE**
- **GET FIT**
- **HAVE FUN**