

SELF DEFENSE GROUP CLASS

WHEN

Mondays & Wednesdays
12 Noon to 1:00 PM

Tuesdays & Thursdays
5:00 to 6:00 PM

WHERE

CrossFit PRESCOTT (Drive Prescribed Fitness)
546 6th St., Prescott

COST

\$15 per class
\$150 per month (unlimited class attendance
plus two 1/2 hour private lessons)

New Student Special: Purchase 10 classes
(\$150) and get a 1-hour private lesson free!

CALL: 928-308-2285

www.prescottcombatives.com

MARK BRYANS
9TH DEGREE
BLACK BELT

PROPER
MINDSET

SIMPLE
TECHNIQUES

MULTIPLE
ATTACKERS

DEFEND AGAINST
VARIOUS WEAPONS

GAIN SELF
CONFIDENCE

ANY FITNESS
LEVEL WELCOME

NO EXPERIENCE
NECESSARY

18 YEARS AND
OLDER

NOT A SPORT!

Follow me on Instagram (Real World Self Defense) and YouTube (American Combato)