

Due to demand, more classes and at both locations!

MARTIAL ARTS CLASSES

Capodichino Fit Zone

JUDO / JIU-JITSU

Monday

15 years and older, 4:30-6 p.m.

Support Site Fitness Forum

JIU-JITSU

Tuesday and Thursday

Ages 5-15, 6:30-7:30 p.m.

Ages 16+, 7:30-8:30 p.m.

Friday

Adult Beginner, 6:30-7:30 p.m.

Adult Advanced, 7:30-8:30 p.m.

JUDO

Wednesday

6-11 years old (Group A), 3:45-4:45 p.m.

6-11 years old (Group B), 5-6 p.m.

12-17 years old, 6-7:15 p.m.

18 years and older, 7:20-8:30 p.m.



**\$60 per month
for one class per week.**
Size is limited to 18 per class,
so register now!

Register and pay at <https://myffr.navyaims.com/europerec.html>
click on NSA Naples Fitness Classes.

For more information, call 081-811-6721/DSN 629-6721.

Connect with MWR 24/7, www.navymwrnaples.com

 www.facebook.com/mwrnaples

