

**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, Thursday and Friday

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

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. Classes begin Oct. 2.

Register Sept. 15-Oct. 1. 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](http://www.navymwrnaples.com)

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