

Rolling and Falling Skills

Saturday, May 8th 4-6pm

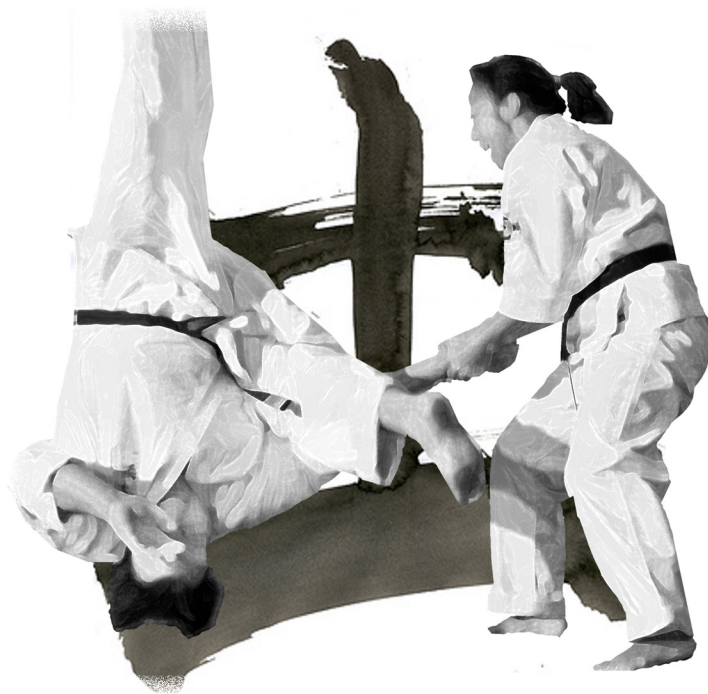
Taught by: Sensei Triston Alvarez

**Open to: Adults and Teens
Yellow belt and above**

Cost: \$25

Learn how to get down to the ground safely and get up quickly. This workshop will help those new to the mat get comfortable with the basic skills and further develop and expand your skills for those ready to explore higher falls and faster rolls.

Join us!



Register now to reserve a space!