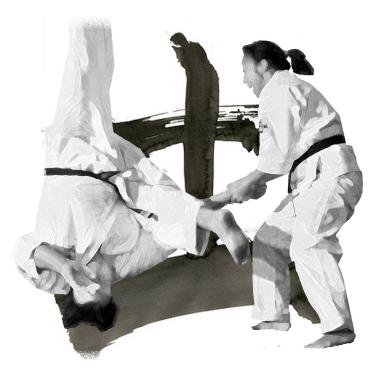
Rolling and Faling Skills Saturday, May 8th 4-6pm

- 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!