

Class Schedule

Mondays

4:30-5:15 Teen Class (13-19)

5:15-5:45 Tigers (7-8)

6:00-6:30 Dragons (4-7)

Tuesdays and Thursdays

4:30-5:15 Youth (8-13)

5:15-6:00 Youth (8-13)

6:15-7:00 Adult (13+)

Group Self Defense – Our group self defense classes are tailored to the specific need of each individual group. We work on boundary setting and awareness drills as well as real world scenario training. For information on a group class or to discuss the needs of you individually or your group please contact us @ (570) 374-0849 or email us at burnstkd80@gmail.com