

Watsonville Police Activities League Presents

WOMEN'S FIGHT FIT KICKBOXING



Womens Self-Defense

This class is designed for first-time students, no experience necessary.

Register by calling
(831)763-4147 or visiting the
PAL Gym during program
hours.

**Monday
Tuesday
Thursday**
6PM

Friday
5PM

\$20 MONTHLY FEE

130 RODRIGUEZ ST

Instructor: Mark Vasquez

831-325-9343



Watsonville Police Activities League Presenta

AUTODEFENSA PARA MUJERES

*Esta clase está diseñada para
estudiantes primerizos, no se necesita
experiencia.*



Regístrate llamando
(831)763-4147 o visitando el Gimnasio PAL
durante el horario del programa.

**Lunes
Martes
Jueves**

6PM

Viernes

5PM

**130 RODRIGUEZ ST
PAGO DE \$20 AL MES**

Instructor: Mark Vasquez

831-325-9343

