

Fitness Center Self-Defense Class Schedule

Dear Members,

We are excited to announce our upcoming self-defense classes aimed at enhancing your personal safety and confidence. Below is the schedule:

Class Schedule

Date	Time	Instructor	Location
Monday, October 2, 2023	6:00 PM - 7:30 PM	John Doe	Studio A
Wednesday, October 4, 2023	6:00 PM - 7:30 PM	Jane Smith	Studio B
Friday, October 6, 2023	6:00 PM - 7:30 PM	Mike Johnson	Studio A

For more information or to register, please contact us at info@fitnesscenter.com.

We look forward to seeing you!

Best Regards,
The Fitness Center Team