

LIGHTNING KARATE

Traditional Karate and Self Defense

Revised 01/26/09 sp

Beginners Classes:

Tuesday & Thursday
4:15—5:00 pm

Intermediate, Advanced, and Adult Classes:

Tuesday & Thursday
5:00—5:45 pm

YMCA Members \$35/month
YMCA Nonmembers \$50/month
*Uniform is free with payment of the
first month's class fee.*



DAILY FAMILY YMCA

134th & Memorial
Bixby, OK 74008
918.369.9622



INSTRUCTORS

Neil Nunn
Zack Wadlin

*For more information, call
Neil Nunn at 637-4865*