GROUP CLASS SCHEDULE

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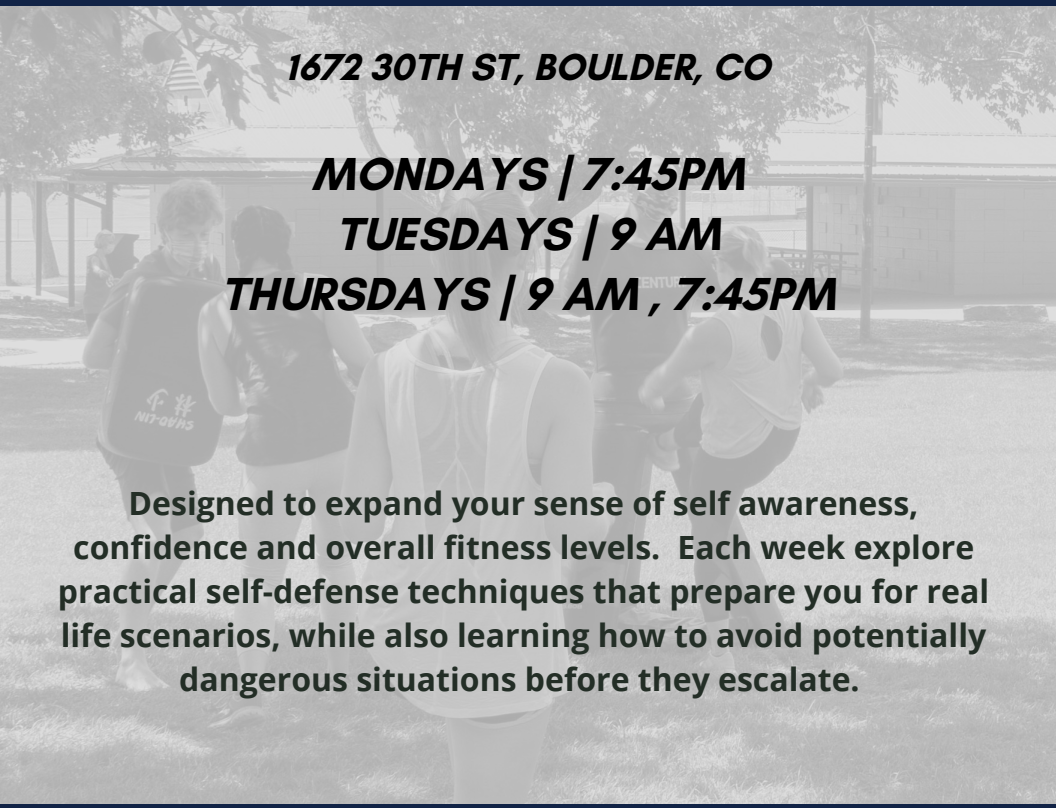

1672 30TH ST, BOULDER, CO

MONDAYS | 7:45PM
TUESDAYS | 9 AM
THURSDAYS | 9 AM , 7:45PM

Designed to expand your sense of self awareness, confidence and overall fitness levels. Each week explore practical self-defense techniques that prepare you for real life scenarios, while also learning how to avoid potentially dangerous situations before they escalate.

Battle Woman