

Free Women's Self-Defense Class

WNYMMA & Fitness wants to help the community!

12:00-2:00PM
SECOND SUNDAY EVERY MONTH

WNYMMA & Fitness
255 Great Arrow Ave. #114, Buffalo
Questions? Call: 716-898-8924

Free for all women
NO EXPERIENCE NECESSARY
Brazilian Jiu-Jitsu based self-defense

Let us help you feel confident and prepared
for a variety of self-defense situations.

No Pre-Registration Necessary
(But you can RSVP on Facebook to help us gauge attendance!)