Women's Self Defense Class

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Created *Jun 16 2010 - 11:30pm*
Location: Paula Martin Jones Recreation Center
Date: June 22, 2010
Start & End Time: 6:00pm - 7:00pm
All Day Event: No

Women's self defense class at the Paula Martin Jones Recreation Center gym. This is not a Karate class, as this is a class that will be filled with various exercises and protection techniques. Classes will be taught by Eric Davis. For more information: 903-239-5500.

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