

## GREATER HARTFORD BANDO



# KICKBOXING THURS. NIGHTS & SATURDAY MORNINGS

Traditional Bando Classes on Mon. and Wed. at 6 p.m. Also Sat. mornings 10:15  
a.m.

Kickboxing Fundamentals, Thursdays Nights at 7:15 p.m.

### \$50 pr month membership Dues

Traditional Bando Classes cover Forms/Kata (empty hand & with weapons), Basics, Sparring, and Self Defense.

Saturdays 10:15 Class will also include Kickboxing fundamentals and emphasis is on function over form.

Thursday Class strictly covers fundamentals of Kickboxing, and some conditioning (contact should be

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Greater Hartford Bando  
180 Oakwood Dr.  
Glastonbury CT  
[Behind Keeney Rigging]

No Contracts. Greater Hartford Bando is part of a National No-Profit organization dedicated to honoring America's Veterans.  
Our instructors volunteer their time.

General Info and chief instructor:  
Phone: 860.657.8708 ask for Dave or Dawn

Kickboxing Thurs. & Sat. Classes  
Call 860.645.7426 leave message for Doug

