

Summer 2021 Classes

ABOVE AND BEYOND COMMUNITY CLASSES PRESENTS...



class description: This highly interactive class with Sifu Andrew is a favorite class for students. Students that never thought martial arts would be for them are loving the experience of learning personal safety while exercising their bodies and empowering their minds as a community. Students can work towards and achieve their belt levels in InnerForce. InnerForce will be taught in person this summer! Class will follow the Hybrid model, offered both via Zoom and in person at our location in Hauppauge. We look forward to seeing you!

dates and times: 8 Tuesdays and/or Thursdays • 5:00 - 5:50pm

Tuesdays: 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17

Thursdays: 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19

participation fee: \$300.00 for 8 sessions, \$550.00 for all 16 sessions,

to register: email chawkins@buexperience.org

open to the public and all abilities.
see instructor's bio at abcommunityclasses.org
flyer created by SoH ArtWORKS

