



Safety First Personal Protection Strategies

A Nonprofit Corporation

8307 27th Street W, University Place, WA 98466 Office: 253-495-2985

Weekly Schedule of Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						Karate Lessons By Appt Only Contact Lead Instructor: Alan Wheeler 253- 820-1350	9am-Noon CMF Conditioning Extreme Workout. Admittance By Invitation Only For Interview: Brandon 253.255.4118
PM	Defensive Tactics Private Lessons	Defensive Tactics Private Lessons	Defensive Tactics Private Lessons	Defensive Tactics Private Lessons	Defensive Tactics Private Lessons		
6:00 PM	Youth Karate All Belts	Youth Karate All Belts	Youth Adrenal Self Defense	Youth Karate All Belts	Youth Karate All Belts		
7-8:30 PM	Teen/Adult Karate	Filipino Combative Arts	Instructor Workout	Filipino Combative Arts	Teen/Adult Karate		

Filipino Combative Arts Lead Instructor: Chris Arena, Lakas Antas
 Defensive Tactics Certified Trainer: Bob McCluskey

Contact Phone # 253-232-5753
 Contact Phone # 253-678-1420

We are closed on most National Holidays:	Fri, Jan 01 New Year's Day Mon, May 31 Memorial Day Mon, July 05 Independence Day Mon, Sept 06 Labor Day	Thu, Nov 25 Thanksgiving Fri, Nov 26 Day after Thanksgiving Dec 19 - 31 Christmas Holiday
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Courage Quests: Reality-Based Self Defense Pre-Registration Required Call for next scheduled seminar.

Special Events and/or closures as posted and may be subject to change.
 We will post notices of special closures in the window with adequate warning if possible.
 Go to <http://www.safetyfirstpps.org> for more information about our programs.