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Parent’s Information

Instructions and Tips for First Online Class:

* Get the Welcome Email from InnerActive Martial Arts by contacting them @ [inneractivemartialarts@gmail.com](mailto:inneractivemartialarts@gmail.com)
* This will get you all of the information you need to know about the classes.
* Do not eat heavily 1 hour before class
* Wear comfortable clothing
* Have a water bottle nearby

Name: Phone: Email:

Please call or email us to arrange a class time together

I would love it if you could come and try an Online Martial Arts Class with me

@ InnerActive Martial Arts!

Tuesdays and Thursdays: 10:00 – 10:30 am

COME TRY A CLASS WITH ME

FROM: TO: