

**Alpha**  
**UPKUDO**

**Karate, Self Defense & Fitness**  
**Personal or Group Training**

**TRAIN  
WITH  
YOUR  
FRIENDS  
& FAMILY  
at **your**  
place**

**\$10** per person  
in groups of 10  
or more per class

*Off location night classes  
are full however lunch  
Monday-Friday and  
Friday late afternoon are  
still available and on location  
at Alpha UPKUDO  
Monday-Thursday are available*



**514-4334 or 566-4544**

1412 FL GA HWY ~ [www.upkudo.com](http://www.upkudo.com) ~ [www.abetterbody.us](http://www.abetterbody.us)