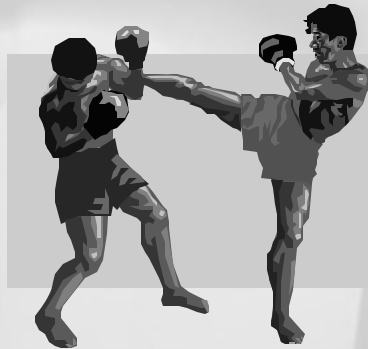




28th CSH Combatives



Focus is on Brazilian Jujitsu, but open to all martial arts for those that want to instruct. It's a great way to get in shape, loose some of that holiday weight, and build confidence. All experience levels are welcome.



Every Tuesday, Thursday 2000-2100

Rucker Gym, Behind the Rucker Apartments

For details, see CPT Cullen or SGT Rutherford



28th CSH BOXING



Focus is on fundamentals, but open to all experience levels, or for those that want to instruct. It's a great way to get in shape, loose some of that holiday weight, and build confidence.



Every Monday, Wednesday, and Friday 2000-2100

Rucker Gym, Behind the Rucker Apartments

For details, see CPT Cullen or SFC Hudson