

MARTIAL / FITNESS TRAINING



Are you interested in getting fit?
Would you like to study martial arts?

Come join us!

Who are we?

Warriors Realm

Martial / Fitness Training Systems

Po Box 4327, Manchester, NH. 03108

Tel: 603-682-4980

E-mail: tthomas@2-help-u.com

Website: www.2-help-u.com

WHERE

WORLD CLASS MARTIAL ARTS
PALMER DRIVE
LONDONDERRY, NH
603-682-4980

WHEN

Tuesdays & Thursdays
8:30 PM - 9:30 PM



For more information on times, scheduling and matt fees please visit
www.2-help-u.com click on Warriors Realm for more information.



FREE CLASS

Do you want to achieve:

Self Defense ~ Fitness ~ Flexibility

18 and under requires permission from a parent or guardian
This offer is only good per person one time only.

