

Tiny Foundations



A mix of Karate and Tumbling for the little ones !



This is the best age for children to develop a physical and mental foundation that'll last a lifetime.

- Martial arts
- Tumbling with a twist of gymnastics
- Speed
- Agility
- Coordination
- Working on strength and confidence
- Fun games and more !
- Class is intended for 3-6 year olds. Kids that turn 6 after tiny foundations may graduate to martial arts classes with an automatic orange belt.
- Ask about our family discounts!



Class times: Sunday's @ 10:00 am- 10:45 am

Cost: \$80.00/ month

**Address: NV Martial Arts and Fitness Academy
4335 Hazel Ave, Fair Oaks, CA 95628**

**Call/ Text: 916-305-0084 to secure a spot or learn
more !**

