

YOUR 1ST CLASS

Enter GWMA & Swipe in
for attendance



Change & store
belongings upstairs in
student lounge



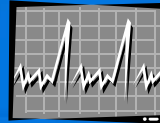
Relax in our upstairs
viewing area before your
class



Bow onto the mat and
line up to start class
when you hear the gong



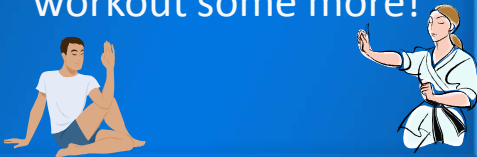
Have a GREAT class,
going at your own pace!
Stay hydrated!



We line up at the end of class,
repeat the pledge then bow
out



Stay after class to
practice, stretch or
workout some more!



Reserve a private lesson
to make up for a class
missed or when needing
extra help preparing for
testing

Practice @ home before
your next class! Make
sure to take all of your
belongings when you
leave

