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Newsletter



our website:

BKM March 2013

[BurlingtonKravMaga](#)

Like us on Facebook 

PLEASE ALWAYS:

1. ALWAYS CHECK IN with the FRONT DESK STAFF upon entering the studio.

Follow us on  **twitter**



PLEASE ALWAYS:

2. Train barefoot or wear wrestling shoes on the mats. No dark soled shoes.



PLEASE ALWAYS:

3. CHECK IN to FaceBook when you are in the studio.

Happy Birthday March



2nd	Al Murray	20th	Sam Bowen
4th	Lee Brown	24th	Kristen Unger
8th	Andre Hall	30th	Leslie Harber
15th	Lazarus Sanders	31st	Samuel Simmons

Lost & Found

The Lost & found bucket is overflowing. Please retrieve your items before Friday, March 22nd or they will be given to Good Will.



Pink & Fierce Women's Seminar

2 hour seminar \$29
Saturday, April 13th 2pm - 4pm



Pink & Fierce Series 1

4 Fridays \$49
April 19th - May 10th 6pm - 7pm

P& F Series 1-Ultimate members can attend free. Fitness members \$25
More details coming soon.

Krav Maga Level Test \$35

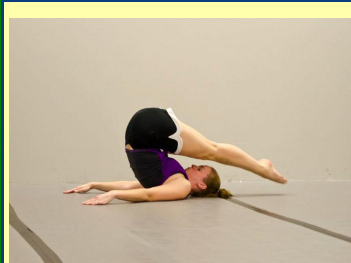
KM Foundation

Sat., March 9th 11am -1pm

KM Level 1

Sat., March 16th 11am-2pm





BE FIT



BE POWERFUL



BE CONFIDENT



Please register online or at the front desk. Arrive 10 minutes before the test.

BKM Mobile App

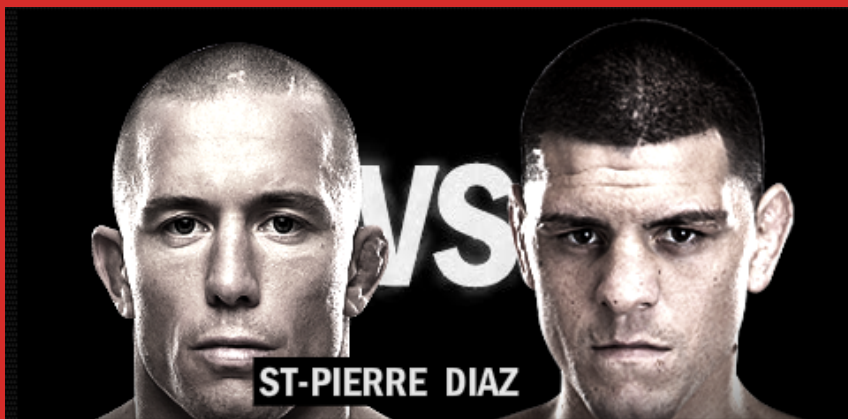
We have a very cool mobile app to view your account, register for classes and other things on your smart phone.

click the link below from your phone and put it on your home page

[BKM Mobile APP](#)



BKM Fight Night March 16th



9:30pm - until Go GSP!!

You Bring...Food & drink to share
We Bring...The Fights PROJECTOR style. Awesome!

We'll mingle and have fun! And watch GSP WIN!
Family & friends are welcome.

Like us on Facebook 

Follow us on  twitter

Thank you for being part of our BKM family.

See you on the mats! ;)



Get Fit Now **March Madness** Special Offer **only \$39**

1 month of unlimited training

purchase here [Get Fit Now](#) or come in
TODAY!

for non-members only. Not valid with any other offer.

Offer Expires: March 31, 2013

Confirm that you like this.

Click the "Like" button.