



# Free Self Defense Classes

every

**Saturday Morning**

8 – 9am

(In a clean, friendly, relaxed and non-threatening environment)

***Structure for Men and Women of all ages***

**Located at:**

120 South Country Road

Bellport, NY

(next to the Bellport Bistro)

Call for more detailed Information:

**631-599-3302**

Learn more about us:

<https://abc7ny.com/hobbies/long-island-jiu-jitsu-studio-offers-self-defense-classes-for-free/5396737/>

<https://www.facebook.com/BellportBJJ/>