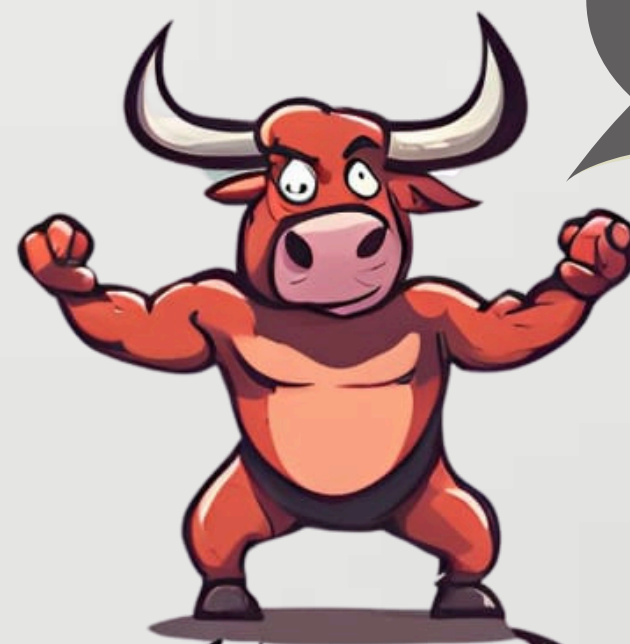


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TEAM CRE ZIO

Why join?

Learn self-defense in a fun, safe environment

Improve balance, coordination, and focus

Build respect, resilience, and teamwork



More Info:

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Taught using Team Crezio methodology