

WOMEN'S WORKOUT

December 2nd

ACSR, Stanford University

Age: 10+ Rank: Green Belt+

| | |
|--------------------------|----------------------------|
| Workout | 10:00 am - 12:30 pm |
| Lunch and Bowling | 12:30 pm - 4 pm |

\$25* FOR A FUN DAY, INCLUDING:

Current and Former National Team Members

Linda Buell

Taren Ogata

Danielle Pelham

Current Stanford Team Members

Lunch

Bowling

***\$25 if registering online, \$30 at the door**

TKD.STANFORD.EDU/WOMENS-WORKOUT

for signup and more information

offline, need help? call 650-387-9038