

38th Annual USYKA Winter Workout 2018

- 9:30-10:00am** Registration (everyone needs to check-in; even those preregistered)
- 10:00-12:00pm** Workout on the beach (301 West Beach Blvd. Gulf Shores Public Beach, 34562)
- 12:30-2:30pm** Lunch on your own (and get a clean dry gi)
- 2:30-4:00pm** Seminars at Wheel's Yoshukai Karate Academy (314 E. 21st Ave. Gulf Shores, Al)
- 4:00-5:30pm** Fellowship, games and bouncy house for the kids at Meyer Park (intersection of E 4th St and E 24th St) Light Snack provided
- 7:00pm** Dinner as a group at a local restaurant

