

LIFEGROUPS

Spring Semester 2011
February 20 - May 22

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WHO: Self-Defense Class

HAPKIDO
TEAKWOOD
Male and Female 7 years and up

WHEN: Sunday nights at 6pm

WHAT: You will build awareness and confidence
~ learn avoidance techniques
~ escapes
~ proper striking and kicking techniques
~ so throw on some loose fitting clothes
and come join us in a time of learning,
great fellowship, and fun!

WHERE: At Life Church campus

LEADERS: Mark Light

MORE INFO: please call 256-515-1699

Weekly:

- Ladies Monday Night Bible Study @ 6:30pm
- LIFT Thursday Morning Bible Study @ 10am
- Self Defense - Sundays @ 6pm
- Southside Jack's - Wednesday @ 8am
- Zumba - Tuesday nights @ 6pm

1st and 3rd Sundays Monthly:

- Christians with a Jewish Heart - 4pm
- Coffee Can - 6pm
- iCONNECT - 6pm
- Strahan - 6pm
- EDGE Youth - 6pm
- Kids Alive - 6pm
- Astin's dinner group - 6pm
- International Students - 6pm

Monthly (times vary):

- Loom Knitting - 2nd and 4th Mondays @ 6:30pm
- Wilcox - 1st Sunday @ 6pm
- Ladies of Life
- Men of Iron
- DATA

*For more information please call the church at 256-413-3010
or visit us on the web at www.lifechurchag.org*