



CLASSES MAY RUN SUBJECT TO MINIMUM NUMBERS

SOME CLASSES INVOLVE SAFE CONTROLLED CONTACT

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00 pm							
5.05 pm							
5.10 pm							
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9.15 pm							
9.20 pm							
9.25 pm							
9.30 pm							

**JUNIOR
TAE
KWON-DO**
AGES 7-13 YEARS



6:00-6:55PM

**LITTLE
WARRIORS**
AGES 5-7 YEARS



6:00-6:45PM

**JUNIOR
TAE
KWON-DO**
AGES 7-13 YEARS



6:00-6:55PM

**TAE
KWON-DO**
FOR ADULTS
& YOUTH
13 YEARS & UP.



7:00-7:55PM

**SELF
DEFENCE**
FOR BEGINNERS
& EXPERIENCED
STUDENTS 13+.



6:50-7:45PM

**TAE
KWON-DO**
FOR ADULTS
& YOUTH
13 YEARS & UP.



7:00-7:55PM

**KICK
BOXING**
FOR ADULTS
& YOUTH
13 YEARS & UP.



8:00-8:55PM

**AEROBIC
KICKBOXING**
FOR LADIES ONLY 13+,
DRILLS, EXERCISES,
STRETCHING TO MUSIC
& SOME SELF DEFENCE.



7:50-8:45PM

**KICK
BOXING**
FOR ADULTS
& YOUTH
13 YEARS & UP.



8:00-8:55PM