


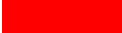


CLASS SCHEDULE

Weekdays						Weekends		
Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
10:00	private lesson by appointment					9.00	Kids	Kids
11:00	Adults	Adults	Adults	Adults	Adults	10.00	Tots(45min)	Tots(45min)
1:00	Adults	Adults	Adults	Adults	Adults	11.00	Kids	Kids
2:00	private lesson by appointment					12.00	Kids	Kids
3:00	Tots(45min)	Tots(45min)	Tots(45min)	Tots(45min)	Tots(45min)	1.00	private lesson by appointment	
4:00	Kids	Kids	Kids	Kids	Kids	1.30	Kids	Kids
5:00	Kids	Kids	Kids	Kids	Kids	2.30	Kids	Kids
6:00	Kids	Kids	Kids	Kids	Kids	3.30	Adults	Adults
7:00	private lesson by appointment					4.30	Kids	Kids
7:30	Adults	Adults	Adults	Adults	Adults	5.30	Adults	Adults
8:30	Adults	Adults	Adults	Adults	Adults			

ABOUT OUR CLASSES

	Toddlers: 3-5(45min)
	Kids Level: 6-14
	Adults: 15 and above
	Sparring: Yellow belt and above

OUR PROGRAMMES

Punch technique
 Kick technique
 Sparring(Olympics& MMA)
 Pattern(Modern& Traditional)
 Self-Defense(TKD Form& MMA)

CONTACT US

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