



Midweek Time Table Mid-Week Time Table			
Class Start Time	Monday	Wednesday	
4:30 PM	Minor 1	Minor 1	
5:10 PM	Minor 2	Minor 2	
5:50 PM	Cadet	Cadet	
6:35 PM	Red Cadet	Red Cadet	
7.20 PM	Team Energy	Team Energy	
8.10 PM	Team Group Fitness	Team Group Fitness	
Mid-Week Time Table			
Class Start Time	TUESDAY	Class Start Time	THURSDAY
4:00 PM	Little Dragons 3-4 year	4:30 PM	Minor 1
4:30 PM	Little Dragons 4-5.5-year-old	5:10 PM	Minor 2
5:00 PM	Minor 1	5:50 PM	Red Cadet
5:40 PM	Minor 2	6:35 PM	Junior Fight Class Athlete Program
6:20 PM	Cadet	7:20 PM	Teen
7:05 PM	Teen	8:15 PM	Adult
7:55 PM	Adult		



Friday Time Table - Senior Fight Class Athlete Program 6pm

Saturday Time Table

Class Start Time	7.00am	8.00am	9.30am	10.00am	10.30am	11.10am	11.50 am	12.35pm	1.25pm	2.15PM
Class	Team Group Fitness	Senior Fight Class Athlete Program	Little Dragons 3-4 year old	Little Dragons 4-5.5 year old	Minor 1	Minor 2	Cadet	Poomsae Athlete Program	Red Cadet	Black Belt Preparation

DOCUMENT END



**Self Defense
for women**



**WELCOME TO
FIGHT BACK
WOMEN'S SELF
DEFENCE**

At Fight Back Women's Self Defense we teach easy to learn and highly effective self defense for women and girls in an enjoyable, non-threatening environment, with no minimum fitness or prior training required. Fight Back is about empowerment, not fear. We want you to be confident in everything you do, everywhere you go and everyone you're with.

**6 WEEK
PROGRAM \$79
PER MEMBER
CLASSES
STARTING TUES
20TH FEB 2018
6.00 -7.00PM**

coach@teamtaekwondo.com.au
0408 437 111

BOOK NOW

TEAM TAEKWONDO & GROUP FITNESS – 592 SYDNEY ROAD COBURG [IN FRONT OF OLD PENTRIDGE]
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TEAM Athlete Program

#Celebrating10Years

- o Part of Team Taekwondo
- o Min 7 Years
- o Min Yellow 3
- o Local, State, National and International
- o Learn to be Sports Person

\$20 more per month for additional classes

No Admin fees [State, National or International]

No Extra Training Fees related to Athlete Program

TEAM GET Fit Program

BOOT CAMP "SPRING/ SUMMER"

3 CLASSES PER WEEK)

\$79 PER MONTH

(NO CONTRACTS NO ENROLMENT FEE) *3 MONTHS MINIMUM

CLASS TIMES : MON | WED 8PM | SAT 7.00 AM

592 SYDNEY ROAD COBURG 3058 (OPPS PENTRIDGE)

REGISTER NOW!

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