

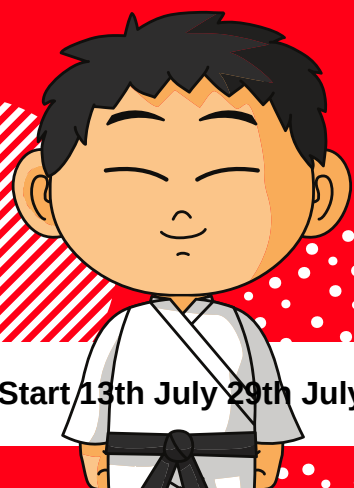
FREE LOCKDOWN CLASSES

DURING THE 2020 LOCKDOWN WE WOULD LOVE TO KEEP YOU MOTIVATED. PLEASE LOG INTO ANY ZOOM SESSION. THESE ARE OPEN TO ALL OUR TERM 3 STUDENTS AND FAMILIES.

STAY SAFE EVERYONE! SEE YOU BACK FROM 30TH JULY.

Zoom link

Join Zoom Meeting
<https://us02web.zoom.us/j/7173924762>



Start 13th July 29th July

MON	TUES	WED	THURS	SAT/SUN
5pm Kids Tkd		5pm Kids Tkd		Sat 9am Family/ mixed Tkd
	7pm Intermedia te / Seniors		7pm Poomsae	
6pm Family/ mixed Tkd		6pm Technical Tkd		Sunday 9am Tkd Fitness
	7:45pm Fight Club		7:45pm Core and Strech	
		7pm Women's and teens self defence		

Kids tkd: Great for beginner to yellow 3 kids

CLASS: **Family/Mixed and Tkd fitness:** Perfect for the whole family and all levels

Intermediate/seniors: for the more advanced students

NOTES: **Technical:** Includes detailed explanations and Korean terminology

Core and stretch: Strengthening your core and improve flexibility

Women's self defence: Realistic self defence and street awareness for adults and teens