

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am - 10.45am						FitClub LIVE* <i>Max Interval Training</i> Total Body & Weight Loss
12noon - 12.45pm		FitClub LIVE* with Master Viresh <i>Max Interval Training</i> Total Body & Weight Loss		FitClub LIVE* with Master Viresh <i>Max Interval Training</i> Total Body & Weight Loss		Taekwondo All Levels / Family White - Black
						Taekwondo - Sparring All Levels
						Brazilian Jiu-Jitsu (BJJ) & Self Defence *** Beginner 13+

COMING SOON

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NEW*

6pm - 6.55pm	Taekwondo Beginner White - Green Stripe	KickBox: Core-Fusion with Master Viresh All Levels	Taekwondo Intermediate & Advanced Green - Black	KickBox: Circuits** with Trainer Tom All Levels	Taekwondo Beginner White - Green Stripe
7pm - 7.55pm	Taekwondo Intermediate & Advanced Green - Black	Taekwondo All Levels / Family White - Black	Taekwondo Beginner White - Green Stripe	Taekwondo Intermediate & Advanced Green - Black	Street Smart Self Defence All Levels

*Note: FitClub Live, Kickbox:Core-Fusion are NOT included as part of the Basic Taekwondo membership. These are either add-on programs that can be purchased separately as either per class drop-in or multiple session pass. Members on a Basic Taekwondo program will receive 30% discounted rate on multiple session pass. Members on Premium Taekwondo program will have full access to this program. We offer 1 FREE trial class for any of these workouts. Call or see office staff for more information.

** KickBox: Circuits (Thursday) with Trainer Tom is a standalone program offered. It can be purchased with any Taekwondo program but NO discount is offered as its a contracted program. Passes can be used for the Saturday FitClub workouts too. Call or see office for more information.

*** Brazilian Jiu-Jitsu (BJJ) / Self Defence (Saturday) with Sensei Alessandra is a standalone program offered. It can be purchased with any Taekwondo program with member discounts. This is a contracted program. Passes for this can be used for the Tuesday Kickbox: Core-Fusion program, Friday Street Smart Self Defence and Saturday FitClub workouts too. Call or see office for more information.