

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Time/Day
7.30-8am							7.30-8am
8-8.30am							8-8.30am
8.30-9am							8.30-9am
9-9.30am		Zumba	Zumba		Zumba	TKD FAMILY	9-9.30am
9.30-10am		Zumba	Zumba		Zumba	TKD FAMILY	9.30-10am
10-10.30am		MTCK-Combat	Power Pumping				10-10.30am
10.30-11am		MTCK-Combat	Power Pumping			TKD ADULTS	10.30-11am
11-11.30am						TKD ADULTS	11-11.30am
11.30am-12pm						TKD ADULTS	11.30am-12pm
12-12.30pm						TKD ADULTS	12-12.30pm
12.30-1pm							12.30-1pm
1-1.30pm						Zumba	1-1.30pm
1.30-2pm						Zumba	1.30-2pm
2-2.30pm						WISD	2-2.30pm
2.30-3pm						WISD	2.30-3pm
3-3.30pm						WISD	3-3.30pm
3.30-4pm	Zumbatomic		MTCK-pads				3.30-4pm
4-4.30pm	Zumbatomic	TKDKIDS 10th-7th	MTCK-pads	TKDKIDS 10th-7th	TKDKIDS 10th-7th	HKD ADULTS	4-4.30pm
4.30-5pm	Zumbatomic	TKDKIDS 10th-7th	MTCK-pads	TKDKIDS 10th-7th	TKDKIDS 10th-7th	HKD ADULTS	4.30-5pm
5-5.30pm	HKD KIDS	TKDKIDS 6th-2nd	HKD KIDS	TKDKIDS 6th-2nd	TKD FAMILY	HKD ADULTS	5-5.30pm
5.30-6pm	HKD KIDS	TKDKIDS 6th-2nd	HKD KIDS	TKDKIDS 6th-2nd	TKD FAMILY		5.30-6pm
6-6.30pm					Zumba		6-6.30pm
6.30-7pm	HKD ADULTS	TKD ADULTS	HKD ADULTS	TKD ADULTS	Zumba		6.30-7pm
7-7.30pm	HKD ADULTS	TKD ADULTS	HKD ADULTS	TKD ADULTS			7-7.30pm
7.30-8pm	HKD ADULTS	TKD ADULTS	HKD ADULTS	TKD ADULTS			7.30-8pm
8-8.30pm		TKD ADULTS		TKD ADULTS			8-8.30pm

CLASS DESCRIPTIONS

TKD: Combining punches, kicking & locks for self defence; our modern style incorporates muay thai & some ground work.

TKD FAMILY: a chance for families to train with their kids-fun for the whole family

HKD: Pressure points locks, holds & throws used for self defence

GROUP FITNESS -BOOKING REQUIRED-call Anne from Evolve Within Fitness 0450 168 198. Duration 45-60min

Booty-licious: Weights & cardio drills using equipment to give you a total body workout-fast! 4 week course

WISD: Womens Instinct Self Defence; 3hrs on a Saturday or 1hr over 4 weeks. For women only. Contact Anne-Evolvewithin

Zumba: A fantastic way to get fit by dancing. It's a party, so come join the fun.

Zumba Gold: Designed for beginners & 55+ years young. Monday 10-11am & Wednesday 8.30 - 9.30am

Zumbatomic: Designed for kids - Wednesday 3.45-4.45pm

MTCK-Combat: A low impact high energy & cardio workout using martial arts moves to music.

Power Pumping: A weight training session using predominately barbells-Targets all the muscle groups.

MTCK-pads: A high impact & energy session based around martial arts; elbows, kicks, punches & knees on the bags & pad drills.