



| MONDAY                                                                | TUESDAY                                                          | WEDNESDAY                                                             | THURSDAY                                                              |
|-----------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>Taekwon-Do</b><br><i>Generation X (4-7yrs)</i><br><b>1615-1700</b> | <b>Fitness</b><br><i>Adult (16+yrs)</i><br><b>0600-0700</b>      | <b>Taekwon-Do</b><br><i>Generation X (4-7yrs)</i><br><b>1615-1700</b> | <b>Fitness</b><br><i>Adult (16+yrs)</i><br><b>0600-0700</b>           |
| <b>Taekwon-Do</b><br><i>Junior (8-11yrs)</i><br><b>1715-1800</b>      | <b>Fitness</b><br><i>Adult (16+yrs)</i><br><b>0915-1015</b>      | <b>Taekwon-Do</b><br><i>Junior (8-11yrs)</i><br><b>1715-1800</b>      | <b>Fitness</b><br><i>Adult (16+yrs)</i><br><b>0915-1015</b>           |
| <b>Taekwon-Do</b><br><i>Teens (12-15yrs)</i><br><b>1815-1900</b>      | <b>Kickboxing</b><br><i>Junior (8-11yrs)</i><br><b>1715-1800</b> | <b>Taekwon-Do</b><br><i>Teens (12-15yrs)</i><br><b>1815-1900</b>      | <b>Taekwon-Do</b><br><i>Generation X (4-7yrs)</i><br><b>1615-1700</b> |
| <b>Taekwon-Do</b><br><i>Adult (16+yrs)</i><br><b>1915-2000</b>        | <b>Kickboxing</b><br><i>Teens (12-15yrs)</i><br><b>1815-1900</b> | <b>Taekwon-Do</b><br><i>Adult (16+yrs)</i><br><b>1915-2000</b>        | <b>Kickboxing</b><br><i>Junior (8-11yrs)</i><br><b>1715-1800</b>      |
|                                                                       | <b>Kickboxing</b><br><i>Adult (16+yrs)</i><br><b>1915-2000</b>   |                                                                       | <b>Kickboxing</b><br><i>Teens (12-15yrs)</i><br><b>1815-1900</b>      |
|                                                                       |                                                                  |                                                                       | <b>Kickboxing</b><br><i>Adults (16+yrs)</i><br><b>1915-2000</b>       |

Queing system outside studio

Drop off and pick up only (no entry for non members)

Temperture taken on arrival

Hand sanitiser at front door

Register taken at every class