



5 Weeks Online Programs for \$55

Kids, Mum's Dads and Friends we have organised a 5 Week activity bonanza before we hopefully see you all back at the club again.

Program includes: Fitness, Karate and Kali for Adults and Kids

Anyone can attend! Current Students, Mum's, Dad's and Friends

Program commences Saturday 19th September

Option 1: \$55 (1 Person), \$100 (2 Persons), \$140 (3 Persons)

Adults: Fitness

Fitness Classes (19 Sep – 25 October)

Monday, Wednesday, Friday

7:30am – 8:00am

Option 2: \$55 (1 Person), \$100 (2 Persons), \$140 (3 Persons)

Adults: Fitness, Kali and Karate

Fitness Classes (19 Sep – 25 October)

Monday, Wednesday, Friday

7:30am – 8:00am

Kali Classes (19 Sep– 4 October)

Monday and Wednesday

7:00pm – 8:00pm

Karate Classes (5 Oct – 25 October)

Tuesday and Thursday

7:15pm – 8:15pm

Option 3: \$55 (1 Person), \$100 (2 Persons), \$140 (3 Persons)

Kids: Fitness, Kali and Karate

Fitness Classes (19 Sep – 04 October)

Saturday, Tuesday, Thursday

8:00am – 8:30am

Kali Classes (19 Sep– 4 October)

Monday and Wednesday

5:00pm – 5:30pm

Karate Classes (5 Oct – 25 October)

Tuesday and Thursday

4:30pm – 5.00pm – Little Dragons

5:15pm – 6:00pm - Young Warrior Beginner/Novice

6:15pm – 7:00pm – Young Warrior Intermediate/Advanced