



**TFK Burlington**  
 2201 Brant St. Unit #14,  
 Burlington, ON  
 (289) 828 6852

Effective May 14th On

**Schedule**

**tfkkickboxing.com**  
**info@tfkkickboxing.com**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 pm Women's Only Kickboxing	6:30 am NEW!! Women's Only Kickboxing	1:00 pm Women's Only Kickboxing		6:00 am NEW!! Intermediate AND Beginner level welcome	9:45 am Women's Only Kickboxing	YOGA @ 10:30 am \$5 per week or \$10 drop in
4:30 pm Women's Only Kickboxing	4:30 pm Women's Only Kickboxing	4:30 pm Women's Only Kickboxing	4:30 pm Women's Only Kickboxing	1:00 pm Women's Only Kickboxing	11:00 am Intermediate Kickboxing	11:45 pm Intermediate Kickboxing
6:00 pm Women's Only Kickboxing	6:00-7:15pm NEW!! Intermediate Kickboxing	6:00 pm Women's Only Kickboxing	5:45pm NEW!! Women's Only Kickboxing	6:00 pm Women's Only Kickboxing		1:00 pm Women's Only Kickboxing
7:00 pm Intermediate Kickboxing	7:30 pm Women's Only Kickboxing	7:00 - 8:30 pm Technique Focused Intermediate Kickboxing	HIIT Training 6:45pm \$100 for 6 week program OR \$20 drop in STARTS May 18th		*Want to come Class? Thursday at And Friday at Are the Busy!*	to a less busy 5:45pm 6pm LEAST
8:00 pm Women's Only Kickboxing			7:45 pm NEW!! Technique Focused Women's Only Kickboxing		NEW!! Try Our Kids Mondays & at 6pm!! MORE classes	Classes Wednesdays to come!!

**Refer a friend that enrolls and receive a \$50 Merchandise Credit!!\***