



# Summer Weekly Schedule

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

\*Women's Only Kickboxing Classes  
are ALL levels from Beginner to Intermediate!  
\*\*Open studio time is come and work out on your own or with a partner

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
1:00 pm Women's Only Kickboxing Anne	8 am-12pm Women's Only Open Studio Kickboxing Amanda	1:00 pm Women's Only Kickboxing Lorraine	8 am-12pm Women's Only Open Studio Kickboxing Amanda	1:00 pm Women's Only Kickboxing Anne	10-11 am Women's Only Kickboxing Yusra	10:30 am Women's Only Kickboxing Yonette
4:30 pm Women's Only Kickboxing Anne	4:30 pm Women's Only Kickboxing Anne	3:45-5:45pm Women's Only Open Studio Kickboxing Amanda	4:30 pm Women's Only Kickboxing Sonia/ Amanda	*Coming soon... 4:30 or 7:30 Fridays! Vote on FB		Sundays feeling busy? We're working on adding another Sun class!
6:00 pm Kids Class In Kids Studio Women's Only Kickboxing Yonette	6:00 pm Women's Only Kickboxing Anne	5:45 pm Women's Only Kickboxing Amanda	6:00 pm Women's Only Kickboxing Wendy		11:15-12:45pm (Aug 11th & 25th) Intermediate Kickboxing Kim	
7:00 pm Intermediate Kickboxing Yonette	7:00 pm Kids Class In Kids Studio Women's Only Kickboxing Wendy	6:45 pm Mom & Kids Kickboxing (or just Kid!) \$10 drop in nonmembers	7:45 pm Women's Only Kickboxing Andrea			
8:00 pm Women's Only Kickboxing Rachel		Jess  *We are working on a later Wed Women's Only			NEW!! Try Our Kids Classes:	Mon 6pm Tues 7pm Wed 6:45pm

**Empowering Women & Transforming Bodies**