



Schedule

TFK Burlington

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

tfkkickboxing.com
info@tfkkickboxing.com

*Women's Only Kickboxing Classes
are ALL levels from Beginner to Intermediate!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
1:00 pm Women's Only Kickboxing Anne		6:00 am NEW!! Intermediate AND all levels welcome Alyssa/Son		6:00 am NEW!! Intermediate AND all levels welcome Alyssa	9:45 am Women's Only Kickboxing Yusra	
4:30 pm Women's Only Kickboxing Anne	4:30 pm Women's Only Kickboxing Anne	1:00 pm Women's Only Kickboxing Lorraine	4:30 pm Women's Only Kickboxing Anne	1:00 pm Women's Only Kickboxing Anne	11:00 am Intermediate Kickboxing Yusra	CO ED YOGA @ 11 am \$5 per week or \$10 drop in Andrea/Son
6:00 pm Women's Only Kickboxing Yon/Deb	6:00-7:15pm Intermediate Kickboxing Alyssa	4:30 pm Women's Only Kickboxing Sandy	5:45 pm Women's Only Kickboxing Sonia	6:00 pm Women's Only Kickboxing Gurpreet		12:45-2 pm Co-Ed Kickboxing Yonette
7:00 pm Intermediate Kickboxing Deb	7:30 pm Women's Only Kickboxing Son	6:00 pm Women's Only Kickboxing Mel	7:45 pm Women's Only Kickboxing Sandra	Belly Dancing @ 7pm \$10 drop in Rim		2:30-4pm Intermediate/ Advanced Fighter Training \$10 per Dominique
8:00 pm Women's Only Kickboxing Sandra		7:00 pm NEW!! Intermediate AND all levels welcome Yusra			NEW!! Try Our Kids Mondays & at 6pm!! AND Saturdays at	Classes Wednesdays now 9:45am!!

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