



June Weekly Schedule

TFK Burlington
2201 Brant St. Unit #14,
Burlington, ON
(289) 828 6852
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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-10am Women's Only Open Studio Kickboxing Amanda	1:00 pm Women's Only Kickboxing Lorraine	8 am-10am Women's Only Open Studio Kickboxing Amanda	1:00 pm Women's Only Kickboxing Anne	10-11 am Intermediate AND all levels welcome 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		4:30 pm Women's Only Kickboxing Sonia	*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 Intermediate AND all levels welcome Anne	5:45 pm Women's Only Kickboxing Sonia	6:00 pm Intermediate AND all levels welcome Wendy		11:15-12:45pm (June 16th) Intermediate Kickboxing Kim	12-1:30pm Professional Fighter Teaching US! Sun June 10th & 24th \$10 per Dominique
7:00 pm Intermediate Kickboxing Sandra	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			NEW!! Try Our Kids Classes:	Mon 6pm Tues 7pm Wed 6:45pm

Empowering Women & Transforming Bodies