



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	10:00 am NEW!! Women's Only Kickboxing Amanda			6am class paused for winter coming back Spring!	10-11:15 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	<i>Kids Weekend Class paused, check back soon!</i>	10:30 am NEW!! Women's Only Kickboxing Yonette
6:00 pm Kids Class In Kids Studio ----- Women's Only Kickboxing Yon/Deb	6:00 pm Intermediate AND all levels welcome Alyssa	4:30 pm Intermediate AND all levels welcome Sonia	5:45 pm Intermediate AND all levels welcome Mel	6:00 pm Women's Only Kickboxing Gurpreet		12-1:30pm Intermediate Fighter Training AND all levels welcome \$10 per Dominique
7:00 pm Intermediate Kickboxing Deb	7:00 pm Kids Class In Kids Studio ----- Women's Only Kickboxing Reem/Yusra	5:45 pm Women's Only Kickboxing Sonia	7:45 pm Women's Only Kickboxing Reem			
8:00 pm Women's Only Kickboxing Sandra		6:45 pm NEW!! Mom & Kids Kickboxing (or just Kid!) \$10 drop in nonmembers		Belly Dancing Paused, check back soon!	NEW!! Try Our Kids Classes:	Mon 6pm Tues 7pm Wed 6:45pm

**BOGO \$19.99 for one week + get one week
free to keep or give to a friend**