



TFK Burlington

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

April Schedule Effective Apr 3-30

tfkkickboxing.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	9 am-11am NEW!! Women's Only Open Studio Kickboxing Amanda	1:00 pm Women's Only Kickboxing Lorraine	9 am-11am NEW!! 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	4:30 pm Women's Only Kickboxing Amanda	4:30 pm Women's Only Kickboxing Anne	NEW!!		
6:00 pm Kids Class In Kids Studio Women's Only Kickboxing Yonette	6:00 pm Intermediate AND all levels welcome Sonia	5:45 pm Women's Only Kickboxing Amanda	6:00 pm Intermediate AND all levels welcome Mel	6:00 pm Kids Class In Main Studio (moms & members welcome too) Gurpreet	11:15-12:45pm (Apr 14th & 28th only) Intermediate Kickboxing Kim	12-1:30pm Professional Fighter Teaching US! Sun Apr 8th ONLY \$10 per Dominique
7:00 pm Intermediate Kickboxing Sandra	7:00 pm Kids Class In Kids Studio Women's Only Kickboxing Sonia	6:45 pm Mom & Kids Kickboxing (or just Kid!) \$10 drop in nonmembers	7:45 pm Women's Only Kickboxing Sandra/Jess	*6pm Fridays members can work out on the bag or together if they want*		
8:00 pm Women's Only Kickboxing Sandra		Jess			NEW!! Try Our Kids Classes:	Mon 6pm Tues 7pm Wed 6:45pm Fri 6pm

BOGO \$19.99 for one week + get one week free