



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!! Women's Only Kickboxing Sonia		6:00 am NEW!! Intermediate AND all levels welcome Alyssa	9:45 am Kids Class in Kids Studio <hr/> 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	
6:00 pm Kids Class In Kids Studio <hr/> 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		2:30-4pm Intermediate Fighter Training AND all levels welcome \$10 per Dominique
7:00 pm Intermediate Kickboxing Deb	7:30 pm Women's Only Kickboxing Sonia	6:00 pm Kids Class in Kids Studio <hr/> Women's Only Kickboxing Mel	7:45 pm Women's Only Kickboxing Reem	Belly Dancing @ 7pm \$10 drop in Rim		
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!!***