



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

Effective May 14th On

**tfkkickboxing.com**  
**info@tfkkickboxing.com**

**Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 pm Women's Only Kickboxing Anne	6:30 am <b>NEW!!</b> Women's Only Kickboxing Andrea	1:00 pm Women's Only Kickboxing Sonia	Alyssa	6:00 am <b>NEW!!</b> Intermediate AND Beginner level welcome	9:45 am Women's Only Kickboxing Yusra	<b>YOGA @ 10:30 am</b> \$5 per week or \$10 drop in Andrea/Son
4:30 pm Women's Only Kickboxing Anne	4:30 pm Women's Only Kickboxing Anne	4:30 pm Women's Only Kickboxing Sonia	4:30 pm Women's Only Kickboxing Anne	1:00 pm Women's Only Kickboxing Anne	11:00 am Intermediate Kickboxing Yusra	11:45 pm Intermediate Kickboxing Yonette
6:00 pm Women's Only Kickboxing Yon/Tegan	6:00-7:15pm <b>NEW!!</b> Intermediate Kickboxing Alyssa	6:00 pm Women's Only Kickboxing Mel	5:45pm <b>NEW!!</b> Women's Only Kickboxing Sandy	6:00 pm Women's Only Kickboxing Gurpreet		1:00 pm Women's Only Kickboxing Yonette
7:00 pm Intermediate Kickboxing Debbie	7:30 pm Women's Only Kickboxing Tegan	7:00 - 8:30 pm Technique Focused Intermediate Kickboxing Carla	<b>HIIT Training 6:45pm</b> \$100 for 6 week program OR \$20 drop in STARTS May 18th	Jen	*Want to come Class? Thursday at And Friday at Are the Busy!*	to a less busy 5:45pm 6pm LEAST
8:00 pm Women's Only Kickboxing Sandra			7:45 pm <b>NEW!!</b> Technique Focused Women's Only Kickboxing	Jen	<b>NEW!!</b> Try Our Kids Mondays & at 6pm!! MORE classes	Classes Wednesdays to come!!

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