



LAOS TOOHEY FITNESS CENTRE

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11AM						BJJ CLASS
12.30PM						Kickboxing
2.30PM						
5.15PM	MTC Taekwondo Beginners/Juniors Yellow Belt 1-3		MTC Taekwondo Beginners/Juniors Yellow Belt 1-3			
5.30PM		Muay Thai Kickboxing			MTC Taekwondo Fitness Class	
6PM	MTC Taekwondo Blue Belt 1-3		MTC Taekwondo Blue Belt 1-3	Kickboxing		
6.45PM	MTC Taekwondo Red Belt 1-3 Black Belt		MTC Taekwondo Red Belt 1-3 Black Belt		MTC Taekwondo Sparring Class	
7.30PM	Muay Thai Beginners/Intermediate	BJJ	Muay Thai Beginners/Intermediate		Muay Thai Beginners/Intermediate	
8.30PM	Muay Thai Advanced & Fight Class		Muay Thai Advanced & Fight Class		Muay Thai Advanced & Fight Class	

Class times are subject to change. **There are no Taekwondo classes held during the school holidays.**

Please arrive at your class at least 10 minutes before it begins. If another class is in progress, be respectful and do not disturb the class while you are waiting. Please maintain your personal hygiene out of respect to yourself, the gym and others. Remember to bring a drink to class.

FOR ALL MUAY THAI, KICKBOXING, BJJ & TAEKWONDO ENQUIRIES CALL: TOOHEY 0402 940 193 OR ROSE 0421 270 534

The Laos Toohey Fitness Centre offers a FREE 1 Month Trial for new Taekwondo Students. Please call to enquire.