

MACKENZIE

TAEKWON-DO • FITNESS • SELF DEFENSE

GET FIT. GET FOCUSED. GET ENROLLED.

**BEGINNER
SPECIAL!**

\$119.95
+HST

Includes 2 months of membership and the
Taekwon-Do uniform. Reg. \$260 "54% OFF"

Classes:

- ☉ Youth & Adult (Age 7+)
- ☉ Little Dragons (Age 4-6)
- ☉ Self Defense Clinics
- ☉ Bully Proofing

Benefits:

- ☉ Improved Physical Fitness
- ☉ Improved Concentration
- ☉ Self Confidence & Esteem
- ☉ Reduced Stress



Call Today For Details ⇒ 902-835-7111

21 Glen Arbour Way, Hammonds Plains, NS | MacKenzie-Taekwondo.com

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YOUTH & ADULT

Our Youth & Adult program is designed for ages 7+ which allows for individuals to join and also for families to train together.



LITTLE DRAGONS

Our Little Dragons program is designed for ages 4 - 6 to develop discipline, self esteem, Confidence and courteous social skills.

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Class Schedule

Beginner - white belt to yellow stripe (ages 7+)
Intermediate - yellow belt to green belt (ages 7+)

Advanced - blue stripe and above (ages 7+)
Little Dragons - ages 4 - 6.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:30am						Beginner / Intermediate
9:45am - 10:45am						Advanced
11:00am - 11:50am						Little Dragons
12:10pm - 1:00pm						Little Dragons
6:00pm - 7:00pm	Intermediate	Beginner	Intermediate	Beginner		
7:15pm - 8:15pm	Advanced	Intermediate	Advanced	Intermediate		
8:15pm - 9:15pm	Black Belt	Advanced		Advanced		

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