

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

LITTLE DRAGONS

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

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:20am						Youth & Adult White Belts
9:30am - 10:20am						Youth & Adult Yellow & Green Belts
10:30am - 11:20am						Youth & Adult Blue, Red, Black Belts
11:30am - 12:15pm						Little Dragons Group II
12:30pm - 1:15pm						Little Dragons Group III
	 Youth & Adult (Age 7+) Little Dragons (Age 4-6)					
5:30pm - 6:20pm	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Little Dragons Group I	
6:30pm - 7:20pm	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts		
7:30pm - 8:20pm	Youth & Adult Blue & Red Belts	Youth & Adult Blue, Red, Black Belts	Youth & Adult Blue & Red Belts	Youth & Adult Blue, Red, Black Belts		
8:30pm - 9:20pm	Youth & Adult Black Belts	Private Lessons	Youth & Adult Black Belts	Private Lessons		