



# UNDEFEATD TIMETABLE 2021

GET FIT, LEARN SELF DEFENCE & HAVE FUN!

"No Excuses. No Regrets."

	Mon	Tues	Wed	Thurs	Sat
<b>UNDEFEATD Little Ladybugs (5-7 YRS) Beginners</b>					9:15am -9:45am  KINGSTON
<b>UNDEFEATD LADYBUGS (6-12 YRS) Beginner to Level 4 (white, green, blue &amp; orange sash)</b>	4:15pm - 5:00pm  BELLERIVE	4:15pm – 5:00pm  KINGSTON		4:15pm – 5:00pm  KINGSTON	10:00am – 10:45am  KINGSTON
<b>UNDEFEATD TEENS/LADIES (includes Penalty Box Fit®) Beginners</b>	5:15pm – 6:10pm  BELLERIVE	5:15pm – 6:10pm  KINGSTON		5:15pm – 6:10pm  KINGSTON	
<b>BIRTHDAY PARTIES</b> Please call					

## Membership

2021 Membership for the year is \$40 per student

## Class Cost

\$14 per class (5-12 yrs), \$15 per class (teens/ladies) with discounts available for 2 or more lessons per week. Lessons are conducted at the St Mark's Hall, crn of Clarence & Scott Street, Bellerive (opposite Salamanca Fresh) and Channel Court Shopping Centre, Kingston (opposite Kaisercraft), during School Terms. Tuition fees are paid upfront for the term. We offer two free lessons to see if it is something you would like to do and if you decide to join then the term fee is paid pro-rata. Payment can be made via direct deposit, credit card, or cash in full.

Students are eligible for a new coloured sash during the last lesson of Term 2 and Term 4. Uniform cost is \$90.

Our classes are specifically designed for girls, teenage girl's and ladies and are conducted personally by myself, Nici Francis, who has over 20 years teaching and martial arts experience, Batchelor of Education (Honours) and Master Level in Martial Arts. I am certified to work with children and vulnerable people and have a current teachers registration.

We look forward to seeing you soon!

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[www.undefeatd.com.au](http://www.undefeatd.com.au)

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