

# TIMETABLE 2022



GET FIT, LEARN SELF DEFENCE & HAVE FUN!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>UNDEFEATD LITTLE LADYBUGS (5-7 YRS)</b> Beginners		3:45pm – 4:15pm  <b>KINGSTON</b>			
<b>UNDEFEATD LADYBUGS (6-12 YRS)</b> Beginner to Level 5 (white, green, blue & orange sash, brown)	4:15pm - 5:00pm  <b>BELLERIVE</b>	10:00am – 10:45am  <b>KINGSTON</b>  4:15pm – 5:00pm  <b>KINGSTON</b>		4:15pm – 5:00pm  <b>KINGSTON</b>	
<b>UNDEFEATD TEENS/LADIES</b> (includes Penalty Box Fit®) Beginners		5:15pm – 6:10pm  <b>KINGSTON</b>		5:15pm – 6:10pm  <b>KINGSTON</b>	

## BIRTHDAY PARTIES and PRIVATE TUITION

Please call 0411559862

### 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 Bellerive (opposite Salamanca Fresh) and Channel Court Shopping Centre, Kingston (next to ANYTIME FITNESS). Tuition fees are paid upfront for a 10 week block or paid pro rata if you join part way through the term. We offer two free lessons to see if it is something you would like to do. Payment can be made via direct deposit, credit card, or cash in full. Casual class cost \$20. Membership \$40 per year.



Our classes are specifically designed for girl's, teenage girl's and ladies and are conducted personally by myself, Nicola Francis, who has over 20 years teaching and martial arts experience, Bachelor 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. I look forward to seeing you soon!

Ph. 0411559862

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

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