

TIMETABLE 2021



GET FIT, LEARN SELF DEFENCE & HAVE FUN!

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

BIRTHDAY PARTIES and PRIVATE TUITION

Please call 0411559862

Membership

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 Bellerive (opposite Salamanca Fresh) and Channel Court Shopping Centre, Kingston (next to ANYTIME FITNESS). Tuition fees are paid upfront for a 10 week block. 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. Casual class cost \$20.

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

E: undefeatd@outlook.com.au