

CLASS TIMES

All Classes are held at Mordialloc

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| Monday | 9.30am-10.30am | Mum's Kickboxing |
| | 4pm -5pm | Family TKD Mum's & Dads and the Kids |
| | 5pm - 6pm | Tiny's TKD Children Under 11 |
| | 6pm - 7pm | TaeKwondo Mixed Class (Adults & Teens) |
| | 7pm - 8pm | KickBoxing- Ladies Only |
| Tuesday | 8pm - 9pm | TaeKwondo Adults only |
| | 4pm - 5pm | Family Taekwondo |
| | 5pm - 6pm | Family Taekwondo |
| | 6pm - 7pm | TaeKwondo Mixed Class (Adults & Teens) |
| Wednesday | 7pm - 8pm | KickBoxing- Mixed |
| | 9.30am-10.30am | Mum's Kickboxing |
| | 7pm - 8pm | KickBoxing- Ladies Only |
| Thursday | 4pm -5pm | Family TKD Mum's & Dads and the Kids |
| | 5pm - 6pm | Tiny's TKD Children Under 11 |
| | 6pm - 7pm | TaeKwondo Mixed Class (Adults & Teens) |
| | 7pm - 8pm | KickBoxing- Ladies Only |
| | 8pm - 9pm | Filipino Sticks |
| Friday | 8pm - 9pm | TaeKwondo Adults only |
| | 9.30am-10.30am | Mum's Kickboxing |
| | 5.00pm-6.30pm | MasterClass |
| Saturday | 9.30am - 10.30 | Ladies Kickboxing |
| | 10.30am-11.30am | Kids Taekwondo |
| | 11.30am -1.00pm | MasterClass |
| | 1.00pm - 2.00pm | Family TaeKwondo |
| | 2.00pm - 3.00pm | Adult TaeKwondo |