

MON	TUE	WED	THU	SAT
				10:15–11:15 AM SENIORS ALL LEVELS FITNESS CLASS AT SUNSHINE
6:30 - 7:30 PM SPARRING AT SUNSHINE WITH ZORAN BUGARSKI & JERRY MORAITIS	6:30 - 7:30 PM SPARRING AT TULLAMARINE WITH MARTIN HALL, LUKE ATKINS & NATHAN TARRANT			1:30-2:30PM SPARRING AT HEIDELBERG WITH NIGEL COLLINS
6:30 - 7:30 PM POOMSAE PERFECT AT BRUNSWICK WITH CHRIS POPPINS & KELLIE SUTTON	6:30 - 7:30 PM POOMSAE AT HEIDELBERG WITH NIGEL COLLINS	6:30 - 7:30 PM POOMSAE PERFECT AT SUNSHINE WITH LEANNE WHITEROAD		2:10-3:15PM SPARRING—JNR & SNR ALL BELT LEVELS INTRO, DEVEL'T & ELITE SPARRING AT SUNSHINE WITH ZORAN BUGARSKI
	7:00 - 8:30 PM SPARRING AT BRUNSWICK WITH WARREN HANSEN		7:00 - 8:30 PM SPARRING AT BRUNSWICK WITH WARREN HANSEN	2:30-3:45PM SPARRING—JNR & SNR INTRO, DEVEL'T & ELITE SPARRING AT BRUNSWICK WITH WARREN HANSEN



TIMETABLE COMPETITION CONFIDENCE

All enquiries welcome:

Head Office,
261 Mickleham Road,
Tullamarine, 3043
Phone: 9330.0032

Email:
info@hallstaekwondo.com.au
Website:
www.gohalls.com.au

Athletes encouraged to arrive
ahead of schedule to
warm-up & stretch
in one of the free training halls.



Classes included in Hall's Taekwondo regular memberships.
Visitors welcome, just \$10 casual rate –please call in advance to reserve your place

Brunswick/Essendon :9383.5811 **Heidelberg** :9459.3422 **Sunshine** : 9312.3011 **Tullamarine** : 9330.0032