



TFK Class Schedule

2201 Brant St. Burlington Ont.

(289) 828-6852 info@tfkkickboxing.com

Date/ Time	Instructor	Class Type
Monday		
1:00	Anne	Women's Only Kickboxing (60 min)
4:30	Anne	Women's Only Kickboxing (60 min)
6:00	Sandra	Women's Only Kickboxing (60 min)
6:00	Tari	Kids Class In Kids Studio
7:00	Sandra	Intermediate Level Only (45 min)
8:00	Wendy	Temporarily Cancelled
Tuesday		
1:00pm	Amanda	Women's Only Kickboxing (45 min)
1:45-4:30pm	Amanda	Women's Only Open Gym
4:30pm	Anne	Women's Only Kickboxing (60 min)
6:00pm	Anne	Women's Only Kickboxing (60 min)
7:00pm	Wendy	Women's Only Kickboxing (60 min)
7:00pm	Gurpreet	Kids Class In Kids Studio
Wednesday		
1:00pm	Amanda	Women's Only Kickboxing (60 min)
3:30-4:30pm	Amanda	Women's Only Open Gym
4:30-5:15	Amanda	NEW!! Girls Only! (Ages 11-18)
5:30pm	Amanda	Women's Only Kickboxing (60 min)
6:45pm	Jasleen	Kids Class In Kids Studio
7:45	Sandra/Wendy	NEW!! Intermediate Level Only (45 min)
Thursday		
1:00pm	Amanda	Women's Only Kickboxing (60 min)
1:45-3:45pm	Amanda	Women's Only Open Gym
4:30pm	Amanda	Women's Only Kickboxing (45 min)
6:45pm	Sandra	Intermediate Level Only (60 min)
7:45pm	Wendy	Women's Kickboxing (45 min)
Friday		
1:00 pm	Anne	Women's Only Kickboxing (60 min)
Saturday		
9:30am	Sonia	Women's Only Kickboxing (45 min)
10:30am	Sonia	Women's Only Kickboxing (45 min)
11:15-12:45pm	KIM!	Intermediate 1.5 h class (check FB for dates)
Sunday		
10:30am	Yonette	Women's Only Kickboxing

Empowering Women & Transforming Bodies



TFK KIDS Class Schedule

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Date/ Time	Instructor	Class Type
Mondays 6:00pm	Tari	Kids Class in Kids Studio
Tuesdays 7:00pm	Gurpreet	Kids Class in Kids Studio
Wednesdays 4:30pm 6:45pm	Amanda Jasleen	Girls Only Kickboxing (Ages 11-18) Kids Class in Main Studio