



Hi Everyone,

WE ARE BACK!

More Fitness, fun and martial art skills.

As of Tuesday the 2nd of February we will be starting TAEKWONDO 3.45-4.45 in the school hall.

We will be offering classes both Tuesday's and Thursday's and Saturday's.

If you would like to try this sport, just give us a call for your free trial. Those joining in **term 1** will receive a free Adidas Uniform valued at \$80.

Remember your snack and water bottle.

Yours in Taekwondo

Sophia and the FX Team. Ph 0419876187 email: fx.fitness@internode.on.net