



**Martial Art:  
Taekwondo Or  
Stick Weaponry -  
Do one or both**  
Fitness  
Self Confidence  
Perseverance  
Empowerment  
Respect  
Self Defense  
Fun



Instructors: Sophia Heares & Ai Wei Chan

Phone: 0419 876 187

Email:

[Fx.Fitness@internode.on.net](mailto:Fx.Fitness@internode.on.net)

[FX-Fitness.squarespace.com](http://FX-Fitness.squarespace.com)

*1 free trial Lesson*

St Finbar's Primary School 3.45-4.45

Tuesday & Thursday

Saturdays 10-12

