



Black TAEKWONDO & MDB Fitness Programs

Term **1** 2010
1st Feb - 27th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILDREN'S UNDER 12 YEARS	RINGWOOD CLASSES 5 - 6 pm Cubs - White Yellow Orange Green General Class				4 - 4.30 pm EAGER NINJA'S Pre Schoolers 3 to 5 years	8.30 - 10 am Kids Competition Training 9.15 - 10.00 am General Class All Grades 10 - 10.45 am EAGER NINJA'S Pre Schoolers 3 to 5 years
TEENAGER'S CLASSES	5.30 - 7 pm Teens/ Adults Competition Training All Grades	5.15 - 6 pm Cubs U12 All Grades General	5 - 6 pm Cubs White Yellow Orange Green Poomsae & Comp'	4.30 - 5.30pm Children Blue, Red & Black		12 -1.30 pm Teens / Adults Competition Training All Grades
FAMILY CLASSES		6 - 7 pm Family Class General Class All Grades	WEDNESDAY 6 - 7.30 pm Teens 12 - 17 General Class All Grades	THURSDAY 5.30 - 7 pm Kids/Teens Competition Training All Grades	Important Dates: Term 1 1st Feb - 26th March Stage 1 Grading week starts 27th Feb Stage 2 Grading 27th March 1st Victorian Champs 20th & 21st March	
ADULTS - EVENING CLASSES	7 - 8 pm Adult/ Teens General Class All Grades 8 - 9 pm MDB Glove & Bag Workout	RINGWOOD CLASSES 7 - 8 pm Self Defence & Grappling	WEDNESDAY 7.30 - 8.30 pm MDB Glove & Bag Workout	7 - 8 pm Blue Red & Black Fight Training & Adult Grading Class		SATURDAY 11 am -12 noon Family Class Grading Class All Grades SATURDAY 12 pm - 1.30 pm Teens / Adults Competition Class
HEALESVILLE CLASSES		4 - 5 pm Cubs - Under 12 5 - 6 pm Teens/Adults	HEALESVILLE CLASSES		4.30 - 5.30 pm Cubs - Under 12 5.30 - 6.30 pm Teens/Adults	

Membership Fees: Per year
 Full time students -Healthcare card holders - Children 16 & under **Adults: \$120**
 Standard White Uniform **\$80**
\$55

Training Fees:
 Casual Training 10 session card **Adults \$150**
 Direct Debit Over 10 months **Children \$120**
Adults \$98.90 per month
Children \$82.80

Discounted Fees Full Time Students - Health Care Card Holders, Children under 16

Advanced Payment 10% Discount 12months in advance.

Insurance & Registration We strongly recommend members to take the sports insurance option provided by the national sporting body - Taekwondo Australia Ltd. registration **\$50.00**



MDB Fitness Program

MDB is a fun way to get fit using a wide range of equipment including kicking/punching bags, bikes, weights, medicine balls, skipping ropes etc. The program constantly moves with music around a central circuit that ensures a very great overall fitness & tone.

Prepaid Sessions **10 Normal \$150 Discount \$120**

Registration (Yearly) **\$80** Includes MDB T-Shirt or bag gloves
10% Discount for 40 Session Cards

Monday

8 - 9 pm

Wednesday

7.30 - 8.30 pm