

The Martial Arts Studio



**769 Centre Road
East Bentleigh**

FLYING DRAGON



TAE KWON DO

Geoff Hutchinson
Ph: 9579 2709
Answering Machine



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Classes 9-4pm	Private Classes 9-4pm	Private Classes 9-4pm	Private Classes 9-4pm	Private Classes 9-4pm	Kids TKD 10:30-11:15am	Private Classes 9-4pm
Kids TKD 5-5:45pm	Kids TKD 5-5:45pm	Kids TKD 5-5:45pm	Kids TKD 5-5:45pm		Sticks 11.15-12pm	Filipino Fighting Sticks 10-11:30am
Stretching 5:45-6pm	Stretching 5:45-6pm	Stretching 5:45-6pm	Stretching 5:45-6pm		Yoga 12-1:00pm	
Senior TKD 6-6:45pm	Senior TKD 6-6:45pm	Senior TKD 6-6:45pm	Senior TKD 6-6:45pm		Senior TKD 1:00-1:45pm	
Taekwon Jitsu 6:45-7:30pm	Street Combat - Weapons Defence 6:45-7:30pm	Taekwon Jitsu 6:45-7:30pm	Street Combat - Unarmed Defence 6:45-7:30pm	Private Advanced Training or Grading	Bag Circuit 1:45-2:00pm	
Kickboxing / Cardio 7:30-8:15pm	Stress Relief Yoga / Pilates 7:30-8:15pm	Kickboxing / Cardio 7:30-8:15pm	Kickboxing / Pad Workout 7:30-8:15pm		Sparring 2:00-2:45pm	Private Classes 5:30-9pm
Bag Circuit or Sparring 8:15-9pm		Bag Circuit or Sparring 8:15-9pm			Self Defence 2:45-3:30pm	