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MONDAY TO FRIDAY 10AM ➤ 9:30PM

SATURDAY 11AM ➤ 4PM

SUNDAY CLOSED

FULL ACCESS TO FACILITY WITH MEMBERSHIP,

PERSONAL TRAINING WITH THE MASTER CALL 416.710.6696 FOR RATES AND TIMES

## **SCHEDULE EFFECTIVE MARCH 1st to MAY 31st**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MIXED/FIGHTER'S CLASS 10:30AM ► 12:30PM AJAHN		MIXED/FIGHTER'S CLASS 10:30AM ➤ 12:30PM AJAHN				
	MIXED LEVELS 12:30PM > 2:30PM P00 GHOI ROB		MIXED LEVELS 12:30PM > 2:30PM P00 CHOI ROB	MIXED LEVELS 12:30PM > 2:30PM POO CHOI ROB	KIDSBEGINNER 11:00AM > 12:00PM POO GHOI KRUJUSTIN	
MIXED LEVELS 6:30PM ➤ 8:30PM POO CHOI KRU MATT	BEGINNER 5:30PM > 7:00PM KRU ADAM	FIGHTERS CLASS 6:00PM ► 8:00PM AJAHN	KIDS G:00PM > 7:30PM P00GH01JUSTIN/KRUJUAN	MIXED / FIGHTER'S CLASS 6:00PM ► 8:00PM	KIDS/ADVANCED 12:00PM > 1:30PM KRUJUAN//KRUNOJ	S
	KIDS G:OOPM > 7:30PM POOGHOLJUSTIN/KRUNOI	MIXED LEVELS 6:30PM > 8:30PM POO CHOI DAMON	INTERMEDIATE/ ADVANCED <u>ONLY</u> 6:00PM ► 8:00PM AJAHN / KRU RUBEN		MIXED LEVELS 1:00PM > 3:00PM AJAHN	
	INTERMEDIATE/ ADVANCED <u>ONLY</u> 7:30PM ► 9:30PM AJAHN / KRU RUBEN		BEGINNER 7:30PM ➤ 9:00PM KRU ADAM			

## \*INSTRUCTORS AVAILABILITY ARE SUBJECT TO CHANGE/ROTATION

## MEMBERSHIP RATES & PACKAGES\*

KAIES & PAUNAGES			
	Adults	Kids	
1 MONTH - NEW MEMBERS ONLY	\$120	N/A	
3 MONTH PACKAGE	N/A	\$270	
6 MONTH PACKAGE	\$650	<sup>\$</sup> 510	
1 YEAR PACKAGE	\$1100	N/A	
*FOR MORE DETAILED INFORMATION, SEE THE FRONT DESK			PORONTO

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THAI TERMINOLOGY=TRANSLATION

SAWADEE KRAP ( MEN ) = HELLO/GOODBYE SAWADEE KHA ( WOMEN ) = HELLO/GOODBYE KHAP KHUN KRAP ( MEN ) = THANK YOU KHAP KHUN KHA ( WOMEN ) = THANK YOU AJAHN = MASTER KRU-YAI = CHIEF INSTRUCTOR KRU = INSTRUCTOR POOCHOI KRU = ASSISTANT INSTRUCTOR

\*\*PRICES LISTED DO NOT INCLUDE TAX. PLEASE ADD HST WHEN CALCULATININT FULL MEMBER SHIPS RATES