

# FORCE 5 TAEKWONDO

NO WIND, NO WAVES

FIRST  
LESSON  
FREE

A family friendly Taekwondo club where fitness, self defence and discipline is offered in a fun, controlled environment. Classes for toddler age and up. With over 15 years experience working with children, all of our instructors are fully insured, DBS checked and first aid trained.

As members of the Universal Taekwondo Federation our students can be confident of being professionally trained to British Taekwondo standards by enthusiastic, dedicated instructors who want to encourage their students to be the best they can be. As a student and as a person.

## MONDAY - Mycenae House

90 Mycenae Road, Blackheath, London SE3 7SE **Cyclones** 5:40-6:25pm

## TUESDAY - Mycenae House

90 Mycenae Road, Blackheath, London SE3 7SE **Tornadoes** 5:00-5:30pm

**Cyclones** 5:30-6:15pm | **Hurricanes** & **Seniors** 6:20-7:20pm

## WEDNESDAY - 5<sup>th</sup> - 7<sup>th</sup> Bexleyheath Scout Hut

Franklin Road, Bexleyheath, Kent DA7 4QQ

**Tornadoes** 4:15-4:45pm | **Cyclones** 4:15-5:00pm

## FRIDAY - C2K Community Centre

Penmon Road, Abbeywood, Kent SE2 9PH **Tornadoes** 5:00-5:30pm

**Cyclones** 5:45-6:30pm | **Hurricanes** & **Seniors** 6:45-7:45pm

## SATURDAY - Mycenae House

90 Mycenae Road, Blackheath, London SE3 7SE **Tornadoes** 9:00-9:30am

## SATURDAY - Christian Gray 5<sup>th</sup> Erith Scout Hut

Albert Road, Belvedere, Kent DA17 5LJ

**Tornadoes** 11:00-11:30am | **Cyclones** 11:45-12:30pm

**AGES:** **Whirlwinds** 2-3 | **Tornadoes** 3-5 | **Cyclones** 5-7 | **Hurricanes** 8-12 | **Seniors** 12+

**CONTACT US:** Email [info@force5taekwondo.co.uk](mailto:info@force5taekwondo.co.uk) | Tel 07944 617 160

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