



# TSTUK Taekwon-Do and fitness centre Above

Coundon Social Club, Coundon, Coventry, CV6 1GP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
09:00:00									
09:30:00									
10:00:00	Zumba 10am	Boxersice with Zoe 10am	Baby Dance with Kayleigh 9:30		Zumba 10am	Kids Taekwon-Do 10am	Yoga with Maria 10am		
10:30:00									
11:00:00									
11:30:00			Legs Bums and Tums with Cheryl			Family Taekwon-Do 11am	Boxersice with Yvonne 11:15am		
12:00:00									
12:30:00						Taekwon-Do priavte classes, Parties and grading reserved slot			
13:00:00		Yoga with Maria 1pm			Yoga with Heidi 1pm			Family Taekwon-Do 1pm	
13:30:00			Pre School Taekwon-Do Dragons						Family Taekwon-Do 2pm
14:00:00									
14:30:00									
15:00:00									
15:30:00									
16:00:00							Kids Yoga 4pm - 5pm		
16:30:00									Kids Yoga
17:00:00									
17:30:00		Age 4-7 Taekwon-Do		Age 4-7 Taekwon-Do					
18:00:00	Age 4-7 Taekwon-Do	Age 8 + Taekwon-Do 6:00pm	Age 4-7 Taekwon-Do	Age 8 + Taekwon-Do 6:00pm	Family Vibe fitness 6pm				
18:30:00	Age 8 + Taekwon-Do 6:30pm	Age 8 + Taekwon-Do 6:45pm	Age 8 + Taekwon-Do 6:30pm	Age 8 + Taekwon-Do 6:45pm					
19:00:00					Adult TSTUK members only sparring night 7:15pm				
19:30:00	Adult Taekwon-Do	Adult Taekwon-Do	Adult Taekwon-Do	Adult Taekwon-Do					
20:00:00									
20:30:00									
21:00:00									

**Call 07910 252 901 or email [admin@tstuk.co.uk](mailto:admin@tstuk.co.uk) for more information**