



Garry Shaw

MARTIAL ARTS

 TaeKwon-Do & Kick Boxing



Monday

Westfield Park Community Centre, Falkirk (FK2 9DX)

5.45pm - 6.45pm - TaeKwon-Do Class 1 - White belt to Yellow/ Green stripe

6.45pm - 7.45pm - TaeKwon-Do Class 2 - Green belt and above

7.45pm-9.15pm Kickboxing

Tuesday

Westfield Park Community Centre, Falkirk (FK2 9DX)

5:30pm - 6.15pm - Tigers

6:30pm - 8.00pm - Kickboxing/Mixed class

Wednesday

Tryst Community Sports Club at Larbert High School (FK5 3BL)

5:30pm -6:15pm - Tigers

6:30pm - 7:30pm -TaeKwon-Do

Thursday

Westfield Park Community Centre, Falkirk (FK2 9DX)

5:00pm - 5.45pm - Tigers

5.45pm - 6.45pm - TaeKwon-Do Class - White belt to Yellow/ Green stripe

6.45pm - 7.45pm - TaeKwon-Do Class - Green belt and above

7.45pm - 9.15pm - Kickboxing

Friday

Dunnipace Parish Church, 175 Stirling St, Denny FK6 6JR

6.30pm – 7.30pm – Ladies only Self-Defence class

Sunday

Denny Sports Centre, Town house street, Denny FK6 5DX

11am - 11.45pm - Tigers

12pm - 1pm - TaeKwon-Do

Call us on [07734 461 615](tel:07734461615) to book your place!