



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 Korean Kickboxing

Tuesday

Westfield Park Community Centre, Falkirk (FK2 9DX)

5:30pm - 6.15pm – Tigers

6.30pm – 7.30pm - Junior Korean kickboxing (age 7-12 yrs)

7:30pm – 9.00pm – Korean Kickboxing

Wednesday

Tryst Community Sports Club at Larbert High School (FK5 3BL) GYM 2

5:30pm -6:15pm – Tigers

6:30pm - 7:30pm -TaeKwon-Do – White belt to yellow belt

7.30pm – 8.30pm – Taekwon-Do Yellow belt green stripe and above

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 – Korean Kickboxing

Friday

Dunipace 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

Get booked in for your classes using our contact form at Shawmartialarts.co.uk

Or call us on Tel: 07734461615